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Pratham Sopan

Scout Handbook Series : 02

The Bharat Scouts and Guides

Creating a Better India

"Loyalty is a feature in a boy's character that inspires boundless hope."

- Baden Powell.

PRATHAM SOPAN SCOUT

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THE BHARAT SCOUTS AND GUIDES

NATIONAL HEADQUARTERS

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PRATHAM SOPAN SCOUT

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FOREWORD

The Scout Guide is a movement of the youth and the programme for the youth has been designed in such a way that our youth may take interest in it and enjoy the Scouting and Guiding.

It was the demand of the Scouts since long to have a book on Pratham Sopan in colour print. Now the book is ready. Hope our Scouts will use this book, which will be very beneficial to them. Other books are also under progress and will be available in the National Headquarters very soon.

The Trainers from all over India have worked hard in the two workshops organised at National Headquarters and at National Training Centres for the preparation of the handbook and thereafter National Headquarters Professionals have worked on it to bring it in this shape.

Dear Scouts, Scouting is a game of outing played by you, for you and to you only, so that you develop your potentials in physical, intellectual, social, moral and spiritual areas. Hope this book will help you in enjoying the game of outing. After completing the syllabus of Pratham Sopan, you will be tested by the Scoutmaster of your Unit and a beautiful badge of Pratham Sopan will be presented to you by your Scoutmaster. Thereafter, you may get ready to work for Dwitiya Sopan.

BEST OF LUCK AND HAPPY SCOUTING,

Dr. K. K. Khandelwal, IAS
Chief National Commissioner

Contents

S.N.		Contents	Page No.
		SYLLABUS	1
1.		LOOKING AFTER YOURSELF	3
	a.	Your Duties at home	3
	b.	Make your bed	3
	c.	Health Rules	4
	d.	BP's, Six, Yoga, Asnas, Surya Namashkar	7
	e.	Stitch a button	14
	f.	Polish Shoes	14
	g.	First Aid Kit	15
	h.	Golden Rules of FA	16
2.		DISCIPLINE	17
	a.	Patrol System	17
	b.	Troop Leader	17
	c.	Assistant Troop Leader and Patrol Leader	18
	d.	Patrol Flag, Emblem	19
	e.	Patrol Song, Yell & Call	20
	f.	Patrol-in-Council, Court -of- Honour	22
	g.	Hand, Signals	23
	h.	Whistle Signals	26
	i.	Foot Drill	26
	j.	Troop, Patrol Games	29
3.		ROPE WORK	31
	a.	Whipping	31
	b.	Knots	31
	c.	Lashings	34
	d.	Gadgets	34
	e.	Handicrafts	35
4.		SERVICE	38
	a.	Troop Service Project	38
	b.	Cuts, Burns, Bleeding from Nose	38
	c.	House hold Resp.	41
	d.i	Law Service	43
	ii.	Nature Study Proj	44
	e.	Block Development Office	46
	f.	MUNICIPALITY/MUNICIPAL CORPORATION Office	46
5.		COMMUNICATION	49
6.		OUT OF DOORS	51
	a.	Wood Craft Signs	52
	b.	Road Safety R-Ped.	53
	c.	Nature Study Trail	56

The Bharat Scouts and Guides

National Headquarters - Regional Map

Details of the states in the BSG Regions

Northern Region

1. Chandigarh - U.T.
2. Delhi
3. Haryana
4. Himachal Pradesh
5. Jammu & Kashmir
6. Kendriya Vidyalaya Sangathan
7. Navodaya Vidyalaya Samiti
8. Northern Railway
9. North Central Railway
10. North Eastern Railway
11. Punjab
12. Uttarakhand
13. Uttar Pradesh
14. Jamiat Youth Club
15. Central Tibatiyan School
16. D.A.V.

North East Region

1. Arunachal Pradesh
2. Assam
3. Manipur
4. Meghalaya
5. Mizoram
6. Nagaland
7. North Frontier Railway
8. Sikkim
9. Tripura

Eastern Region

1. Bihar
2. Eastern Railway
3. East Central Railway
4. East Coast Railway
5. Jharkhand
6. Odisha
7. South Eastern Railway
8. West Bengal
9. Trippura

Western Region

1. Central Railway
2. Dadar and Nagar Haveli
3. Daman & DIU
4. Goa
5. Gujarat
6. Maharashtra
7. Western Railway

Southern Region

1. Andaman & Nicobar Islands
2. Andhra Pradesh
3. Karnataka
4. Kerala
5. Puducherry
6. Southern Railway
7. South Central Railway
8. South Western Railway
9. Tamilnadu
10. Telangana
11. Laksha Dweep

Central Region

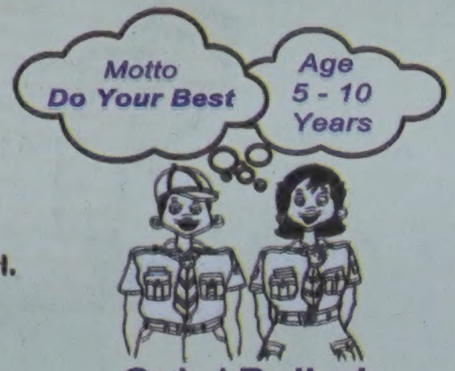
1. Chhattisgarh
2. Madhya Pradesh
3. North Western Railway
4. Rajasthan
5. South East Central Railway
6. West Central Railway

Scouting and Guiding at a glance in India

Bunnies

Bunny Law

I shall try to be good Boy/Girl.



Cub / Bulbul

Cub Promise

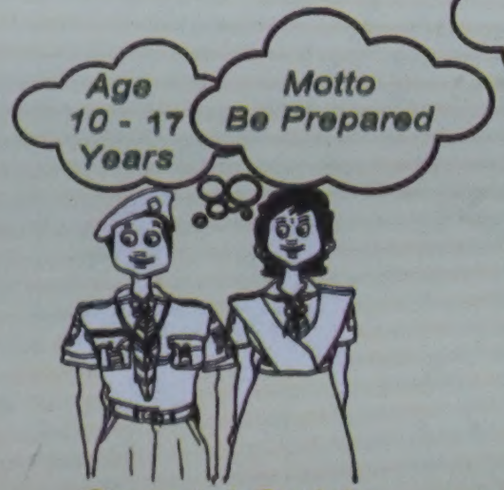
"I promise to do my best
to do my duty to *God and my country,
to keep the Cub law and
to do a Good Turn everyday."

Bulbul Promise

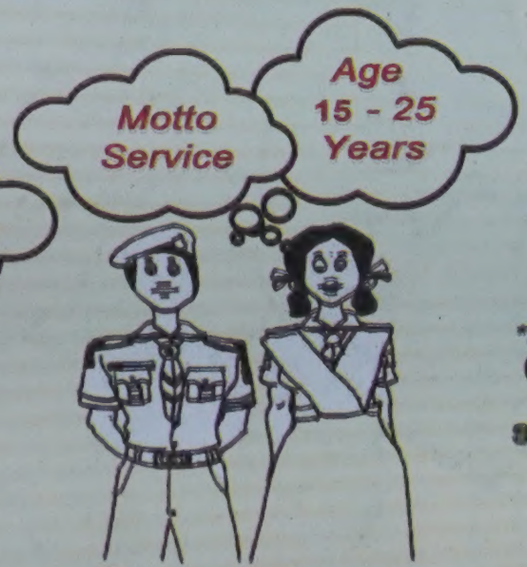
"I promise to do my best
to do my duty to *God and my country,
to keep the Bulbul law and
to do a Good Turn everyday."

Cub / Bulbul Law

1. A Cub / Bulbul is obedient.
2. A Cub / Bulbul is clean and polite.



Scout / Guide



Rover / Ranger

Scout Promise

"On my honour, I promise that I will do my best
to do my duty to *God and my country,
to help other people and
to obey the Scout law."

Guide Promise

"On my honour, I promise that I will do my best
to do my duty to *God and my country,
to help other people and
to obey the Guide law."

*Note: (1) *The word 'Dharma', may be substituted for the word 'God' if so desired.*
(2) Promise and Law for Rovers and Rangers are same as for Scouts and Guides.

Scout / Guide Law

1. A Scout / Guide is trustworthy.
2. A Scout / Guide is loyal.
3. A Scout / Guide is a friend to all and a brother / sister to every other Scout / Guide.
4. A Scout / Guide is courteous.
5. A Scout / Guide is a friend to animals and loves nature.
6. A Scout / Guide is disciplined and helps protect public property.
7. A Scout / Guide is courageous.
8. A Scout / Guide is thrifty.
9. A Scout / Guide is pure in thought, word and deed.

THE BHARAT SCOUTS AND GUIDES

Dear Scouts,

You are doing good scouting and completed Pravesh and invested by your Scout Master. Congratulations...

Hope you have started your log book from Pravesh. You can continue in the same or can have another log book for the Pratham Sopan. Always write on right side and left side should be photos and sketches.

You should be very happy to be the member of your troop as well as the member of the worldwide movement. Now get ready to qualify the Pratham Sopan after completing the activities given in this book:

TESTS FOR PRATHAM SOPAN

1. LOOKING AFTER YOURSELF:

a) Be able to tell correctly "your duties at home".
b) Be able to make your bed.
c) Know the health rules regarding personal cleanliness.
d) Learn B.P. Six exercises and practice Yoga/ Asana /Surya Namashkar.
e) Stitch a button.
f) Clean / Polish canvas/ leather shoes.
g) Make a personal First Aid kit and know its contents.
h) Should know the Definition and Golden Rules of First Aid.

2. DISCIPLINE:

a) Learn about your Patrol, its Flag, Yell, Song, Patrol Call (Cry), Patrol Corner, and participate in Patrol in Council
b) Learn & practice Hand & Whistle Signals.
c) Foot Drill: Savdhan, Vishram, Aramse, Dahiney, Bayen & Pichey Mud.
d) Participate in a Troop & Patrol game.

3. ROPE WORK:

a) Whip the end of a rope.

b) Tie & demonstrate the use of the following knots: Reef knot, Sheet Bend, Clove Hitch, Bowline, Sheep Shank, Fisherman Knot, Round Turn & two Half Hitches.

c) Tie and demonstrate Sheer Lashing Mark I and Mark II.

d) Make a gadget or handicraft useful at home.

4. SERVICE

a) Undertake a Troop Service Project in your School or Scout Headquarters under the guidance of your Scout Master.

b) Should know the Definition and Golden rules of First Aid

c) Deal with simple Cuts, Burns & Bleeding from the nose.

d) Undertake household responsibilities like cooking, water storage, hospitality, cleanliness etc. with the help of parents for a week.

e) Participate in the following activities

(i) Discuss with your Scout Master and render some service involving any one of the points of Scout Law and submit a report to your Scout Master.

(ii) Undertake a nature study project in consultation with your Patrol Leader and submit the report within ten days.

OR

Visit a Village Panchayat Samiti/Block Development/ Municipality/Municipal Corporation office and learn about the services rendered by one such public organization and submit a report to your Scout Master within ten days.

5. COMMUNICATION:

Be able to use the PCO & Mobile Phone & be acquainted with some of the facilities available on it.

6. OUT OF DOORS:

a) Know the simple wood crafts signs & follow a trail with his patrol of not less than half a kilometre.

b) Know & practice Road Safety Rules for pedestrians.

c) Participate in a Nature Study Trail

Pratham Sopan

1. LOOKING AFTER YOURSELF

a) Be able to tell correctly "your duties at home". (Choose any ten)

Being an active Scout and obedient child, you have to

1. Help in meal planning and grocery shopping.
2. Help in preparing lunch and take to school
3. Peel carrots and potatoes
4. Involve in more challenging preparation of food, including baking and cooking with assistance.
5. Keep the dresses ready on previous night for the next day
6. Attend to personal hygiene
7. Fold clothes and keep them in proper place
8. Attend the phone properly
9. Maintain garden
10. Feed pets and clean their living area
11. Assist in caring for younger sibling
12. All the above with increasing challenge
13. Prepare a simple meal independently
14. Care for own belongings
15. Arrange the belongings
16. Earn your pocket money
17. Start to learn money management: Saving, giving, spending
18. Think about others, and practice appropriate manners.

Please Paste Pictures/Photograph of your above duties in your dairy and get verified from your Parents.

b) Be able to make your bed.

Scout should know how to keep his bed clean and in order at home.

There are many ways of making a comfortable bed in camp but always have a waterproof sheet over the ground between their bed and the earth. If straws are available, you can make a mattress of it. To make it, set up a camp loom and weave it out of bracken, ferns, heather, straw or grass, six feet long and two feet nine inches across. With this same loom you can make straw mats with which to form tents or shelter or walls. You can also be comfortable if making a big bag of canvas or scout linen, 6 ft long and 3 ft wide. This will do to roll up your kit in for travelling. The pillow cover can be used as your cloth bag.

c) **Know the health rules regarding personal cleanliness.**

Health keeps you fit to live and serve. In order to be healthy, you have to practise certain healthy habits. Aren't you practising it? Yes you are. Your mother, father and elders at home also teach you health rules. Observe your practices, compare with needs and rules given below. Improve your practices and become healthier.

"Healthy mind in a healthy body",

"Health keeps us happy and others happy too".
"Healthy Scouts are physically fit, mentally alert and socially useful"
"Healthy Scouts build a healthy nation"

HEALTH RULES:

To make yourself strong and healthy it is necessary to begin with your inside and to get the blood into good order and the heart to work well. That is the secret of the whole thing and exercises of the body do it for you. This is the way:

(a) MAKE THE HEART STRONG to pump the blood properly to every part of the body and so to build up flesh, bone and muscle. *Exercise:* The "Struggle" and "Wrist pushing".

(b) MAKE THE LUNGS STRONG to provide the blood with fresh air. *Exercise:* "Deep Breathing".

(c) MAKE THE SKIN PERSPIRE to get rid of the dirt from the blood. *Exercise:* Bath, or *dry rub with a dump towel every day.*

(d) MAKE THE STOMACH WORK to feed the blood. *Exercise:* "Cone", or "Body bending", and "Twisting"

(e) MAKE THE BOWELS ACTIVE to remove the remains of food and dirt from the body. *Exercise:* "Body Bending" and

"Kneading the Abdomen". Drink plenty of good water. Regular daily "rear".

(f) WORK MUSCLES IN EACH PART OF THE BODY to make the blood circulate to that part and so increase your strength. *Exercise:* Running and Walking, and special exercises of special muscles, such as "Wrist Pushing"

The secret of keeping well and healthy is to keep your blood clean and active. These different exercises will do that if you will use them every day.

The blood thrives on simple good food, plenty of exercise, plenty of fresh air, cleanliness of the body both inside and out, and proper rest of body and mind at intervals.

Guidelines are not enough; you have to follow health rules.

(1) FRESH AIR:

- Morning walk is the best. Evening walk is a must.
- Grow lots of trees for fresh air.
- Keep the windows open.
- Don't breathe through your mouth.
- Don't cover your face while sleeping.

(2) SUNLIGHT:

- Walk and play in the morning and evening sunlight.
- Heat a bucket of water on a sunny day. Take metallic bucket paint with black colour outside. Fill it with water, keep it for one hour. You will get hot water for bath.
- Sun light is very good for the health to get Vitamin D.

(3) CLEANLINESS OF BODY

- Keep all parts of your body clean by bathing and washing regularly.
- Brush your teeth well, especially after every meal.
- Comb your hair daily after oiling with good hair oil.

(4) CLEANLINESS OF SURROUNDINGS:

- Keep the surrounding clean without throwing waste and litter, which should have a place in the dustbin. Dispose the waste regularly. Choose a suitable place and sweep and swab once a week for at least a month.

- For your log book assignment

Paste a picture of Clean and Neat Street in the Log Book	**Paste a Picture of your School showing clean surrounding in the Log Book**	**Draw a garden with dust-bins in the Log Book**

(5) CLOTHINGS:

- Wear clean and loose dress.
- Wash your clothes yourself. It will last long.
- Wear cotton and light coloured clothes during summer and warm and dark colour clothes during winter.

(6) FOOD:

- Healthy food must have raw vegetables, fruits and sprouted cereals at all meals.
- Chew well
- Drink sufficient pure water but it should be at least before/after 1 hour of the meals.
- Don't get addicted to deep fried/fast foods.
- Don't eat food which are kept open.
- Take light food always. Do not take more than you require.
- Take such items which will give calories as per requirements.
- Breakfast should be heavy. Lunch should be medium and Dinner should be light.

Activity-1: Make a list of items for healthy breakfast and one lunch.

Activity-2: List out importance of Carbohydrates, Fat, Minerals, Vitamins and the items carrying these.

(7) SLEEP AND REST:

Rest for a short period after hard work-you will be relaxed.

Sleep well at least for seven to eight hours. Your body will be energized.

Wash your face and feet before sleeping.

Think good things and thank God before you go to bed.

d) Learn B.P.'s Six exercises and practise Yoga/ Asana /Surya Namashkar.

BP's SIX EXERCISES:

Any Boy can make himself strong and healthy through some regular body exercises. They take only ten minutes and do not require any apparatus. Do them immediately after getting up and just before going to bed.

Here are some good exercises suggested by Lord Baden Powell in **Scouting for Boys, camp fire yarn no. 17.**

(1) **For Head and Neck-** Rub the head, face and neck firmly over several times with the palms and fingers of both hands, thumb the muscles of the neck and throat.

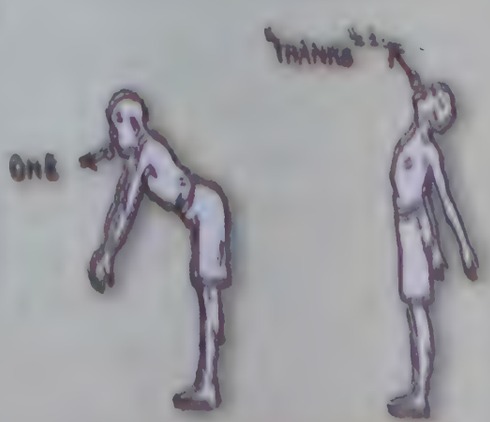
Then comb your hair, clean your teeth, wash out your mouth and nose, drink a cup of cold water and then go on with the following exercises.

The movements should all be done as slowly as possible. Breathe the air in through your nose and breath out through your mouth.

(2) **For Chest-** From upright position bend to the front, arms stretched downwards, with back of the hands together in front of the knees. Breathe out.

Raise the hands gradually over the head and lean back as far as possible, drawing a deep breath through the nose as you do- that is, drinking God's air into your lungs and blood. Lower the arms gradually to the sides, breathing out the word "Thanks" (to God) through the mouth.

In the pictures, an arrow with a circle means breathing out through the mouth.



Lastly, bend forward again, breathing out the last bit of breath in you, and saying the number of times you have done it, in order to keep count.

Repeat this exercise twelve times.

Remember while carrying it out that the object of the exercise is to develop shoulders, chest, heart and breathing apparatus inside you.

Deep breathing is important for bringing fresh air into the lungs to be put into the blood, and for developing the size of the chest, but it should be done carefully, and not overdone. It is done by sucking air in through the nose until it swells out your ribs as far as possible, especially at the back; then, after a pause, you breathe out the air slowly and gradually through the mouth until you have not a scrap of air left in you, then after a pause draw in your breath again through the nose as before.

Singing develops simultaneously proper breathing and development of heart, lungs, chest, and throat, together with dramatic feeling in rendering the song.

(3) **For Stomach-** Standing upright, stretch out both arms, fingers extended, straight to the front, then slowly swing round to the right from the hips without moving the feet, and point the right arm as far round behind you as you can, keeping both arms level with, or a little higher than, the shoulders. Then, after a pause, swing slowly round as far as you can to the left. Repeat this a dozen times.

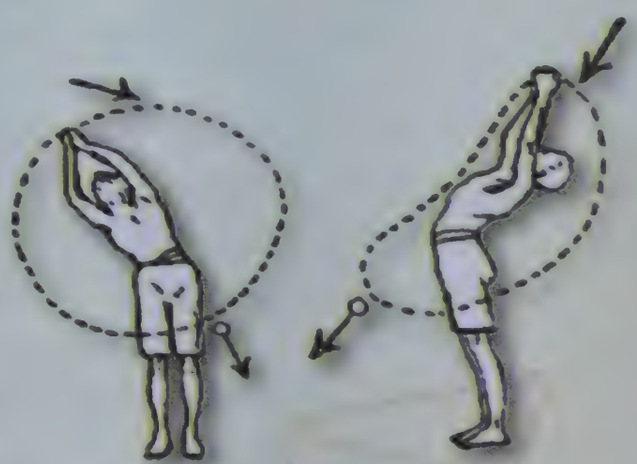
This exercise is to move the inside organs such as liver and intestines, and help their work, as well as to strengthen the outside muscles round the ribs and stomach.

While carrying out this exercise, the breathing should be carefully regulated. Breathe in through the nose (not through the mouth), while pointing to the right rear; breathe out through the

mouth as you come round and point to the left rear, and at the same time count aloud the number of the swing-or, what is better, thinking of it as part of your morning prayer with God, say aloud: "Bless Tim", "Bless Father", and any of your family or friends in turn.

When you have done this six times to the right, change the breathing to the other side: breathe in when pointing to the left rear, and breathe out to the right.

(4) **For Trunk-**"Cone Exercise". - Standing at the "Alert", raise both hands as high as possible over the head, close to the ears and link fingers. Lean backwards, then sway the arms very slowly round in the direction of a cone, so that the hands make a wide circle above and around the body, the body turning from the hips, and leaning over to one side, then to the front, then to the other side, and then back. This is to exercise the muscles of the waist and stomach.



Repeat, say, six times to either side. With the eyes you should be trying to see all that goes on behind you during the movement.

A meaning attached to this exercise, which you should think of while carrying it out, is this. The clasping hands mean that you are knit together with friends-that is, other Scouts-all round you as you sway round to the right, left, before, and behind you; in every direction you are bound to friends. Love and friendship are the gift of God, so when you are making the upward move you look to heaven and drink in the air and the good feeling, which you then breathe out to your comrades all round.

(5) **For Lower Body and Back of Legs**- Like every one of the exercises, this is, at the same time, a breathing exercise by which the lungs and heart are developed, and the blood made strong and healthy. You simply stand up and reach as high as you can

skywards, and backwards, and then bend forward and downward till your fingers touch your toes, without bending your knees.

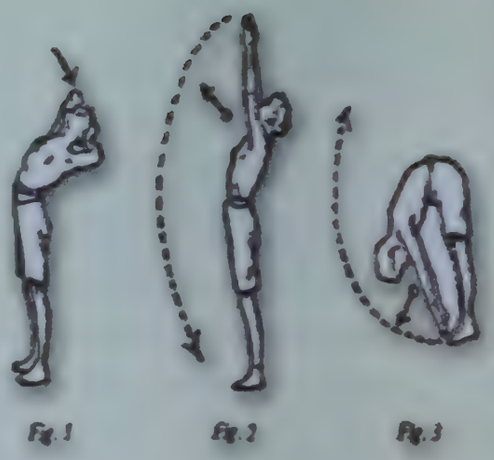


Fig. 1 Fig. 2 Fig. 3

Stand with the feet slightly apart, touch your head with both hands, and look up into the sky, leaning back as far as you can, as in Fig. 1.

If you mingle prayer with your exercises, as I described to you before, you can, while looking up in this way, say to God: "I am yours from top to toe", and drink in God's air (through your nose, not through the mouth). Then reach both hands upwards as far as possible (Fig. 2), breathe out the number of the turn that you are doing, and bend slowly forward and downward, knees stiff, till you reach your toes with your finger-tips (Fig. 3).

Tuck in the small of your back while on the downward bend.

Then, keeping arms and knees still stiff, gradually raise the body to the first position again, and repeat the exercise a dozen times.

The object of this exercise is, however, not to touch the toes, but to massage the stomach. If you find you cannot touch your toes do not force yourself to do it, and, more especially, do not jerk yourself or allow anyone else to force you down. The value of the exercise lies in the upward stroke as against the downward stroke.

(6) **For Legs, Feet and Toes** - Stand barefooted, at the position of "Alert". Put the hands on the hips, stand on tip-toe, turn the knees outwards, and bend them slowly till you gradually sink down to a squatting position, keeping the heels off the ground the whole time.

Then gradually raise the body and come to the first position again.
Repeat this a dozen times.

The small of the back must be tucked in. The breath should be drawn in through the nose as the body rises, and counted out, through the mouth, as the body sinks. The weight of the body must be on the toes all the time, and the knees turned outwards to make you balance more easily. While performing the practice you should remember that its object is to strengthen the thighs, calves, and toe-sinews, as well as to exercise the stomach, so if you practise it several times during the day, at any odd moments, it will do you all the more good.

And you can connect with this exercise, since it makes you alternately stand up and squat down, that whether you are standing or sitting, at work or resting, you will hold yourself together (as your hands on your hips are doing), and make yourself do what is right.

Surya Namashkar - some practical guidelines

Effective use of Surya Namashkar is experienced on three levels, body, mind and intellect. The practice of Surya Namashkar is a sort of training to your body mind and soul (Pradnya). It works with equal force on these three aspects. It gives us physical and mental health with sharp intellect.

Only 35% to 40% of your muscles are used in daily activities. Rest of the muscles remain inactive. Surya Namashkar is a physical exercise where almost 95% to 97% of your muscles are switched on to active mode. They remain active, hours ahead during the day, till you recharge them the next morning.

You are at dis-ease when there is imbalance of Waat, Kapha and Pitta in the body. Daily practice of Surya Namashkar maintains steady state of these three, keeping the body in perfect health.

While performing Surya Namashkar the breathing exercise (Pranayam) gives more oxygen to your lungs. The rhythm of breathing becomes heavy with vitality. Each breath becomes deep and clear. It carries more oxygen to the parts of your body.

The vital points (The Chakras) in the body get charged. The Surya-Tej in these Chakras gets enlightened with the thought and sight of the Sun God.

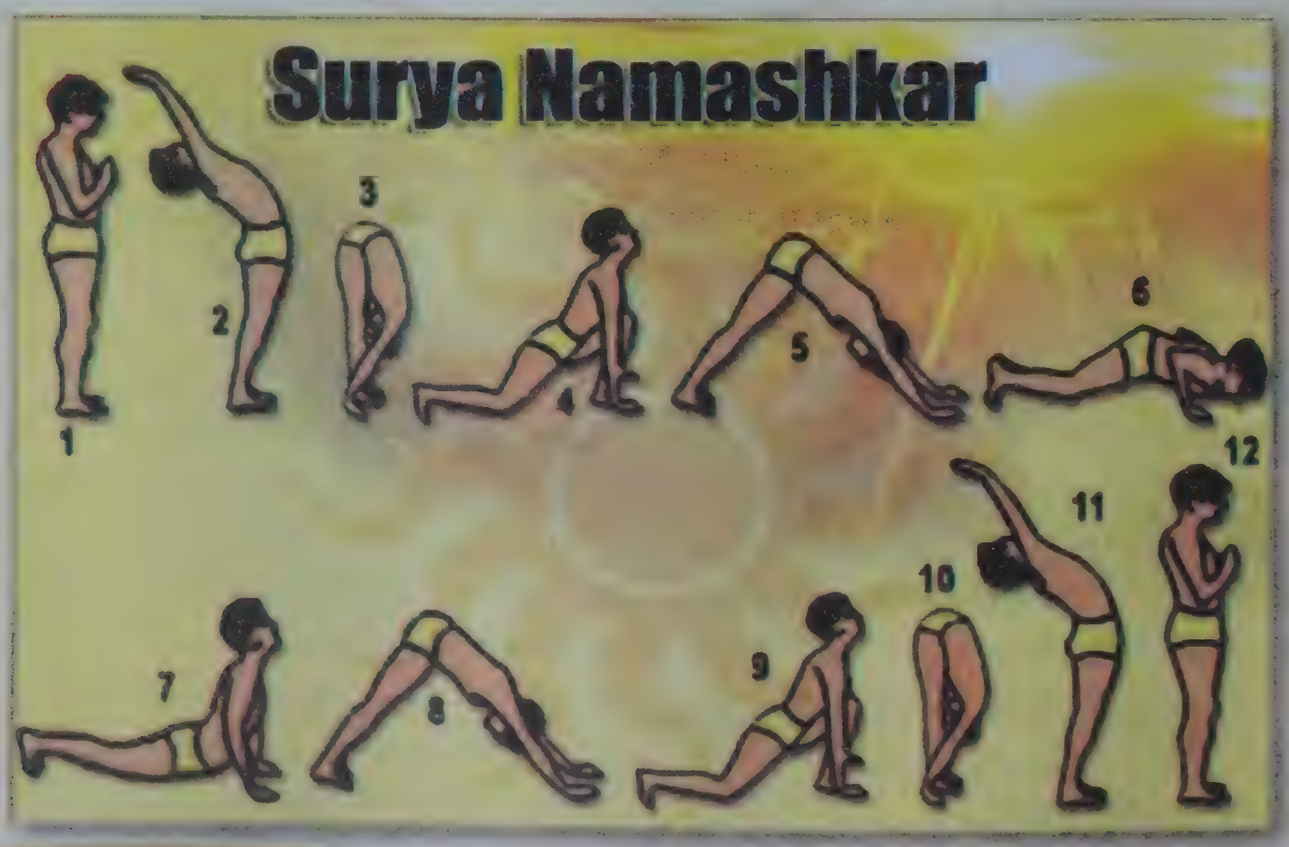
While performing Surya Namashkar think nothing but about the Sun God. Concentrate yourself on the meaning of the Surya Mantra, the steps in the Surya Namashkar, their sequence, the proper activities of the different parts of the body, where you feel stress, stretch and strain etc. This will shut your mind off from thinking. Thoughtless state of mind contains no mental stress and strain at all. It is a real rest to your mind. Freedom from mental and emotional anxiety is the sound rest to your body too.

The word Moksha ! means to be relieved from fear and tears. It is to get freedom from all types of woes and worries. This is the released state of mind which gives you absolute happiness. All the virtues, the divine qualities which are nothing less than GOD HIMSELF are the carriers that take you to the absolute happiness-the Moksha.

The starting shloka, the Sankalpa, the prayer, the concluding shloka, the Samarpan and the shloka of dedication are important in the process of know themself. If you can't (or don't want to) recite these shlokas give a thought to the meaning of each shloka while practicing Surya Namashkar.

Early morning is the best time for Surya Namashkar. Don't eat anything at least for five hours prior to Surya Namashkar.

Follow the body postures in each step very scrupulously. If it is not possible for you at the beginning you are free to make some minor changes, here and there, for the time being. But your final aim is to attain the perfect position.



All the diagrams merely indicate only outward body posture roughly. They are not the ideal state of Asana.

Each movement of the Asana should be divided into parts and performed gracefully.

While performing the Asanas keep your belly and hip part loose. Get the feel of the stretch and strain at the particular part of the body. The rest of the body should be free of muscle tension.

Go slow. Slow speed is for (Sharir Shuddhi) cleansing the body of all sorts of toxins, fats, unwanted secretions and for restoring health. Each movement of the Asana should be graceful. Use all your physical ability to experience the stretch and strain on your body while performing the Asana

There are twelve steps in Surya Namashkar. You can count five seconds for each step of the Surya Namashkar. It means that one Surya Namashkar goes for one minute (and a bit more). This is the normal speed to perform twelve Asana / one Surya Namashkar. This speed ensures Sharir Vruddhi. Steady progress in overall health and happiness. At the beginning, of course, you have to go very slow.

The body posture is important. If you have any problem at any step, revise all the given information, about the particular step, in the light of your problem. Your doubt will be solved. Make use of phone / E-mail to get your doubts cleared.

You can gain perfection in the Surya Namashkar after a long and steady practice. Be patient. Maintain slow and steady progress everyday to reach to the right posture of the Asana. Be one with the art. The Sun God will take you to the path of progress.

It is said that twenty-four Surya Namashkar, if done properly, are equal to five hundred sit-ups / pull-ups. It may be a statement of exaggeration. But it is worth to experience the physical fitness that you attain after you start practising Surya Namashkar. At the beginning of the practice, one Surya Namashkar consumes 02.30 KCL. This exercise burns out a lot of calories and reduces body mass and body weight.

If your physical capacity is to perform twelve Surya Namashkar at a time, perform only five. Give importance to use all the physical abilities to perform each and every Asana of Surya Namashkar.

The seven Chakras (the vital points), in your body govern every of your activity. They motivate you to act, give ability to perform the act and get the action done. Doctors also give prime importance,

directly or indirectly, to these vital points while treating a patient. Overall heath and strength is restored through Surya Namashkar.

Persons suffering from slip-disk, arthritis, heart attack etc are suggested to take medical opinion before they start the practice of Surya Namashkar.

If your breathing goes fast while practising Surya Namashkar, either take some rest or stop performing more Surya Namashkar for the day. After the practice of Surya Namashkar is over you better lie down in Shawasan / Yoga Nidra for some time.

Yoga and Asanas

e) **Stitch a button.**

- A Scout should carry needle and thread along with his Camp kit as a part of personal requisites. He should have knowledge on stitching atleast fixing a simple button on his shirt, etc.

f) **Clean/Polish canvas/leather shoes.**

- Shoes should be kept in sun light before use if possible.
- Should be cleaned daily with dry cloth after the use

- Should be cleaned with dry cloth before polish.
- After cleaning with dry cloth(Nylon old socks will be better) polish the shoes and rub with brush as you can. Then again run with Nylon cloth.
- Never use new/tight shoes directly as it may cause scald or injury in the feet. Before using the same, put Mustard oil in side of the leather to become soft and then clean it with dry cloth.
- While going on trek, you can put powder inside the socks which will help a lot.

Canvas Shoes:

- Shoes should be kept in sun light before use if possible.
- Should be cleaned daily with dry cloth and then with wet cloth after the use
- Should be washed at least once in a week with water and dry it in the sun light.
- Now a days readymade polish is available. Polish it and dry in sun light.

g) Make a personal First Aid kit and know its contents:

1. What is First Aid ? The immediate help given to an injured person, until expert medical attention is received.
2. FIRST AID KIT: 1. Triangular Bandage (Here you can also use your Scarf to meet any emergency) 2. Roller Bandage, Antiseptic Cream, 4. Band-Aids, 5. Common Medicines like Peracetamol, Brufin, Evil, Avomine etc, 6. Ointment like betadine etc. 7. Dettol, Burnol etc. 8. Common Salt, Sugar, Glucon "D", ORS etc, 9. Sterilized Cotton 25gms 10. Scissors, 11. Note Book, Pen, Soap and a small towel.
3. MEDIUM FIRST AID BOX (DUST PROOF) CONTENTS:
   I. One set First-Aid Splints Wooden (Ordinary) 2. 12 Triangular Bandages 3.3 Pkts.Sterilised Cotton Wool (25 grams) 4. 6 First Aid Dressings (3 large and 3 medium) 5. 9 Roller Bandages Assorted 6. 3 Burn Dressings Assorted 7. 2 Eye Pads 8. 1 Pkt. Of Safety Pins (10 Nos) 9. One Scissors ordinary 12.7 cm (both sides sharp) 10. 1 Spool Adhesive Plaster

   II. Tube Cetavalon (28 gms) 12. 1 Bottle Dettol Antiseptic 56 ml. 13. 1 Tube eye Ointment of Sulphacetamide Preparation 14. 1 Loose Woven Gauze (24" x 8") in a compressed pack 15. 1 Bottle Aspirin (300 mg) 24

Tablets 16. 1 Tear off Scribbling Pad with a pencil in Plastic Cover (4" x 6") 17. 10 Adhesive Dressing Strips 18. 1 Record Card in Plastic Cover 19. 2 Field Dressings of the modified army pattern 20. 0ne Torch medium size Eveready without cells.

***N.B: The above contents may be replaced once in every three months or when expire as Precautionary measures. The materials are to be wrap in a thick Plastic Cover or Pouch.**

h) Should know the Definition and Golden rules of First Aid:

We are living in the age of accidents. It may happen anywhere and everywhere as our bathrooms and kitchen are full of electrical gadgets and roads are full of vehicles. Anything may cause an accident. Even a fall can cause accident. As you have committed to "Service", you have to render service when an accident occurs. You have to master First Aid. If first aid is done wrongly, it will become last aid.

First-Aid definition:

The immediate help given to an injured person, until expert medical attention is received.

Remember the Golden Rules of First Aid:

1. Do first things first, quickly-quietly without fuss or panic.
2. To assess the situation be calm, give confidence, talk to her/him, listen to her/him and reassure her/him.
3. Check ABC Rule.
4. Give artificial respiration if breathing has stopped.
5. Stop bleeding if any.
6. Treat for shock.
7. Do not attend too much.
8. Do not allow people to crowd around.
9. Don't remove clothes unnecessarily.
10. Arrange for transportation of the casualty as soon as possible.

***N.B: The contents in the First-Aid kit may be replaced once in every three months or when expire as Precautionary measures. The materials are to be wrapped in a thick Plastic Cover or Pouch.**

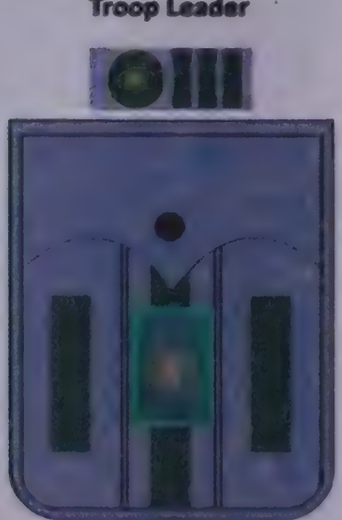
2. DISCIPLINE:

a) Learn about your Patrol, its Flag, Yell, Song, Patrol Corner, Patrol Call or Cry, and participate in Patrol in Council

You have been with your Patrol for more than three months. Don't you agree that you have enjoyed working in a Patrol with friends? You would have noticed that each one of you in the Patrol belong to different religion. You all have come from different culture and each has a different family background. There are differences in ideas, speed of work and way of work. With all these differences you should adjust with each other, caring and sharing ideas, materials and work. You are recognized only through your Patrol. This goes with the saying "I not for I, but I for we". All of you should share all the fame and blame together. This is the democratic way of living.
You must know about the Patrol System.

(1) (Patrol System) is functioning of patrols in a Scout Troop in a unique method based on democracy. Scout Troop is governed by the body of Patrol Leaders and the Troop Leader. The Court-of-Honour (COH) is the governing body. The Patrol Leaders select the Chairperson and Secretary from among them. The Scout Master and Assistant Scout Master shall act as advisers.

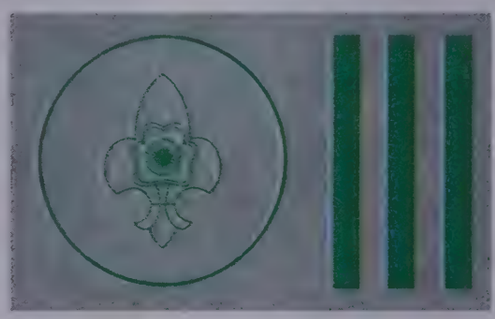
Troop: Troop consists of 24-32 Scouts including Troop Leader, Assistant Troop Leader, Patrol Leaders and Seconds. The Troop is divided into four Patrols with 6-8 members in each Patrol. Troop is led by a Troop Leader under the supervision and guidance of the Unit Leader.



(i) Troop Leader: One of the Patrol Leaders with experience of not less than six months as a Patrol Leader, preferably with Dwitiya Sopan Badge may be appointed as Troop Leader by the Scout Master in consultation with the Court-of-Honour. He shall wear the Scout Uniform and in addition wear three green vertical stripes made of wool or cotton 6 cm long and 1.5 cm wide on the left pocket. The middle shall be under the

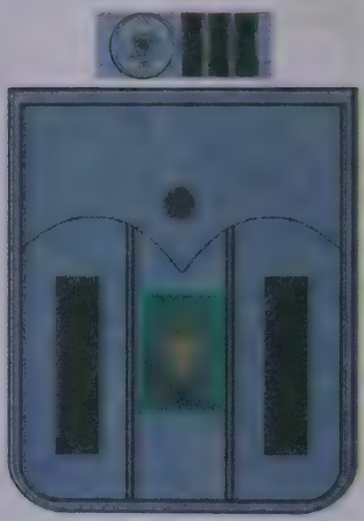
membership badge and other two on either side of the Badge and Troop Leader's Badge above Service star worn above the left pocket of the shirt or at the same place on Jersey. He offers active assistance to the Scout Master and Assistant Scout Master and takes charge of the unit in the absence of the Adult Unit Leaders. Troop Leader's Badge is rectangular Badge with emblem in yellow on green background with a yellow ring round it and three green vertical stripes to the left of the emblem. The badge shall be 1.5 cm wide and 5.0 cm long.

(ii) Assistant Troop Leader :



One of the Patrol Leaders with not less than six months service as a Patrol Leader, preferably with Dwitiya Sopan Badge, may be appointed as Assistant Troop Leader by the Scout Master in consultation with the Court of Honour. He shall wear the Scout Uniform and in addition wear two green stripes on the left pocket and Assistant Troop Leader's Badge above Service star worn above the left pocket of the shirt or at the same place on jersey. Assistant Troop Leader assists Troop Leader as directed. Assistant Troop Leader's Badge is a rectangular badge with emblem and ring around it in green colour and three green vertical stripes to the left of the emblem.

Left Patch Pocket for Assistant Troop Leader



Left Patch Pocket for Patrol Leader

(iii) Patrol Leader : The Patrol Leader conducts the activities of the Patrol. A Scout Patrol Leader wears two green stripes made of wool or cotton on the left pocket.

Left Patch Pocket for Patrol Second

(iv) The Second helps the Patrol Leader in the conduct of activities and takes over charge in the absence of the Patrol Leader.

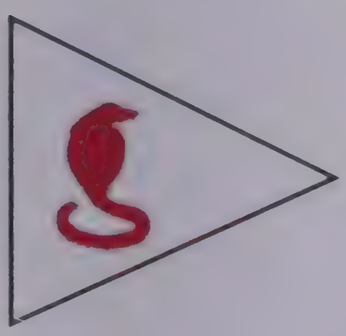
The Patrol second wears one green stripe on the left pocket, right side of Membership badge.

(2) Patrol, Names :

Each Patrol in the Troop is named after an animal or a bird.

(3) Patrol Flag:

Each patrol has a flag that displays the emblem of the patrol. The Patrol flag is triangular in shape, white in colour with emblem in red colour. The length of the base is 20 cm and sides 30 cms each. The best type of flag is the one which has been designed and made by the Patrol itself.

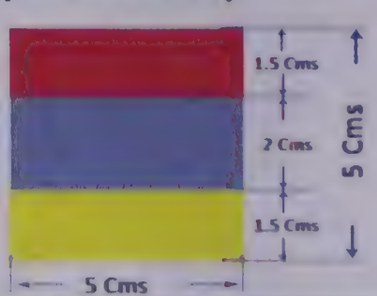


(4) Patrol Emblem:

Shoulder stripes : Two Shoulder stripes indicative of the colour and name of the patrol as shown in Scouting for Boys, each 5 cms long and 1½ cms wide stitched horizontally, each 2 cms apart on a square shape steel grey cloth. This patch shall be worn at the top of the left sleeve immediately below the Shoulder Badge.

Shoulder Stripes

(5 cms x 5 cms)



(5) Patrol Song:

Make up a short catchy song with your patrol. It will not only adjust to your patrol activities, but bring all of you closer and increase your patrol spirit.

(6) Patrol Yell :

Patrol yell is a slogan used by the patrol to inspire the members and recognize. For example, Lion Patrol may use:

Kon Karega Jungle Me Raj - Sher Karega Jungle Me Raj

Elephant: Me Hun Mota Hathi- Banta Sabka Sathi

(7) Patrol call (cry):

Patrol call is the cry of particular animal or bird. The members of the patrol should be able to imitate the cry of the bird or animal chosen for their patrol.(refer Scouting For Boys for Birds, Animals and their cries)

Sl. No.	*PATROL NAME*	PATROL CRY	PATROL STRIPES
1.	Alligator	Hoo-ah-er	Green & Khaki
2.	Antelope	Miaw ok	Dk.Blue & White
3.	Bat	Pitz-Pitz	Lt.Blue & Black
4.	Beaver	Slap made by Clap	Blue & Yellow
5.	Bittern	Karr-karr (Cry)	Grey & Green
6.	Buffallow	Um-maouw	Dark Grey
7.	Bull	Um-maouw	Red
8.	Cat	Meeaow (Cry)	Grey & Brwn
9.	Cobra	Pssst (Hiss)	Orange & Black
10.	Cuckoo	Cook-koo (Call)	Grey
11.	Curlew	Curley (Whistle)	Green
12.	Dove	Coo-oo-oo (Call)	Grey & White
13.	Eagle	Kreeee	Green & Black
14.	Elephant	Trerawmp-awmp-er	Purple & White
15.	Fox	Ha-ha (Bark)	Yellow & Grey
16.	Golden Plover	Cry: Whistle up down	Orange & Grey
17.	Horse	Hee-e-e-e	Black & White
18.	Hyena	Ooowah-oowah-wah	Yellow & White
19.	Kangaroo	Coo-ee (Call)	Red & Grey
20.	Lion	Eu-ugh (Call)	Yellow & Red
21.	Mongoose	Cheep (Squeak)	Brown & Orange

Sl. No.	PATROL NAME	PATROL CRY	PATROL STRIPES
22.	Owl	Koot-koot-koot	Blue
23.	Panther	Keeook	Yellow
24.	Peacock	Bee-oik (Cry)	Green & Blue
25.	Peewit	Tewitt (Whistle)	Green & White
26.	Pheasant	Cock-kerr (Cry)	Brown & Yellow
27.	Rattle Snake	pebble in tin	Pink & White
28.	Raven	Kar-kaw (Cry)	Black
29.	Rhino	War-war (Roar)	DarkBlue&Orange
30.	Seal	Hark (Call)	Red & Black
31.	Squirrel	Nutt-nutt-nutt(Cry)	Grey & Dk.Red
32.	Swan	S-s-s-s (Cry)	Grey & Scarlet
33.	Tiger	Grrao (Purr)	Violet
34.	Wild Boar	Broof broof (Grunt)	Grey & Pink
35.	Wolf	How-ooo (Howl)	Yellow & Black
36.	Woodpecker	Heearfle-arfle-arfle	Green & Violet

Exercise for you

- Tell the name of your Patrol.
- Show the flag of your Patrol.
- Sing the song of your Patrol.
- Give the yell of your Patrol.
- Show your Patrol emblem
- Call like an animal/bird named after your Patrol.

(8) Patrol corner:

The Patrol corner is the place allotted for the patrol to practice patrol activities, patrol decorations, etc., either within a Scout Den or in the open ground.

Patrol Corner is the place where you meet to conduct Patrol activities and meetings. It may be permanent or temporary. But it must reflect the spirit of the patrol. Take active part in your Patrol. It will develop your personality which will not only benefit you but would also help the community.

(9) Patrol-in-Council:

Patrol-in-Council is a meeting of all the Scouts in a Patrol for the discussion of its affairs under the leadership of the Patrol Leader. It can be a specially called meeting or held during a normal Patrol Meeting or can be part of the Scout Troop programme. The Patrol leader shall be the Chairman of PIC.

(10) Court –of- Honour:

There shall be a Court of Honour for every Troop. The Court-of-Honour shall consist of the Troop Leader, Assistant Troop Leader and Patrol Leaders, the seconds may be admitted as members of the COH. except when matters of discipline are dealt with. The Troop Leader or one of the Patrol Leaders elected by COH shall function as the Chairman and one of the members elected shall function as Secretary. The Court-of-Honour will plan the activities; deal with the problems, discipline and finances of the Scout Troop. The Secretary prepares the records and reads the proceedings for the approval of all the members. The Court-of-Honour is training for leadership and democracy.

Activity-I DO THIS:

- Learn "Om Sahanav bavatu" verse and know the meaning.
- Draw the Patrol Emblem and write the song and yell of your patrol.
- Practice your Patrol Call.
- You are working in the Patrol, Discuss and write the advantages of Patrol system.

Activity-II MATCH THE LIST "B" WITH "A"

A		B	
1.	Patrol-in-Council	1.	Group of 6-8
2.	Patrol Corner	2.	Activity
3.	Patrol Leader	3.	Leads in absence of Patrol Leader
4.	Patrol	4.	Meeting
5.	COH	5.	Governing body of the Troop
6.	Patrol Second	6.	Leads the patrol
7.	Patrol Emblem	7.	Identify worn on the uniform
8.	Patrol Flag	8.	Significance of Patrol Emblem
9.	Patrol Song	9.	Joyous cheers of Patrol
10.	Patrol yell	10.	Emblem inscribed on the flag

b) Learn and practice Hand & Whistle Signals.

(1) HAND SIGNALS

Hand Signals – which can also be made by Patrol Leaders with their Patrol flags when necessary.

Hand waved several times across face from side to side, or flag waved horizontally from side to side opposite the face means "No", "Never Mind", "As you were".

Hand or flag held high, and waved very slowly from side to side, at full extent of arm means "extend", "Go farther out", "Scatter".

Hand or flag held high and waved quickly from side to side at full extent of arm means "Close in", "Rally", "Come here".

Hand or flag pointing in any direction, means "Go in that direction".

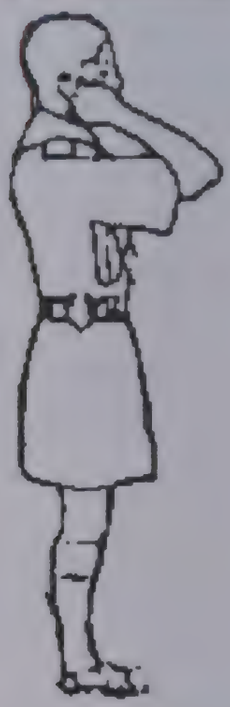
Clenched hand or flag jumped rapidly up and down several times, means"run".

Hand or flag held straight up over head, means "Stop", "Halt".

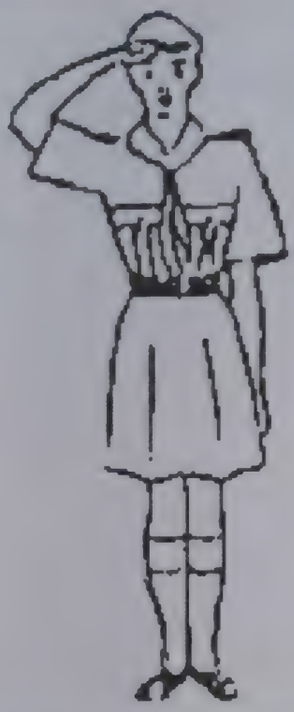
When a leader is shouting an order or message to a scout who is some way off, the scout, if he hears what is being said should hold up his hand level with his head all the time. If he cannot hear, he should stand still, making no sign. The leader will then repeat louder, or beckon to the Scout to come nearer.

Make up your own signals for other commands to your Patrol.

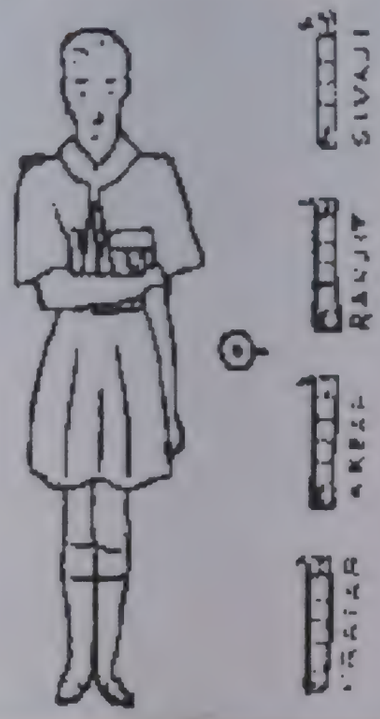
ATTENTION OR ALERT



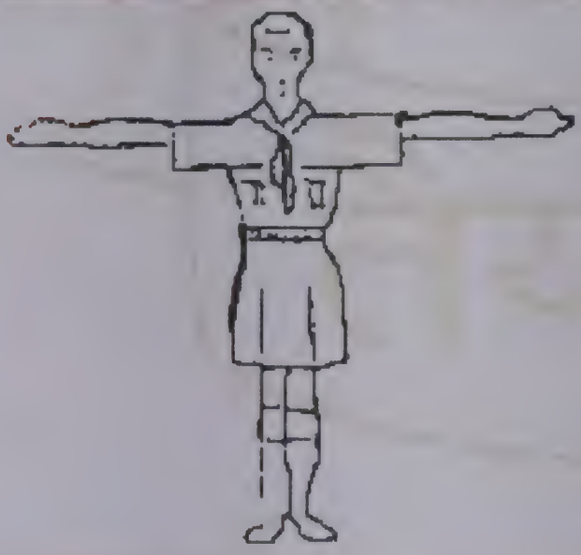
STAND-AT-EASE



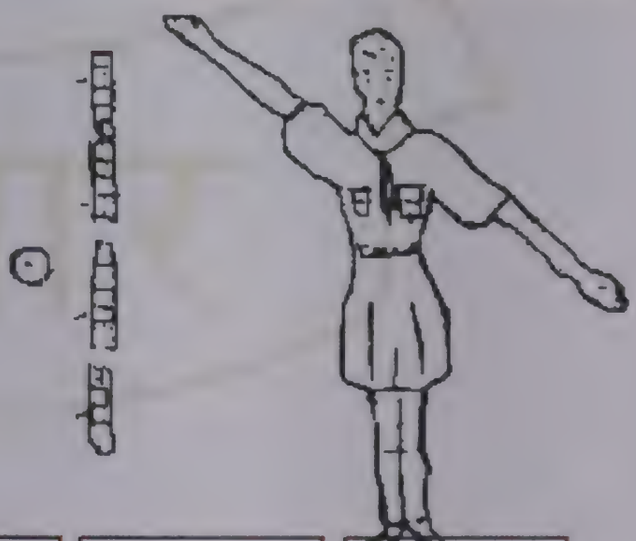
BY PATROL



TROOP IN LINE INFRONT OF SM

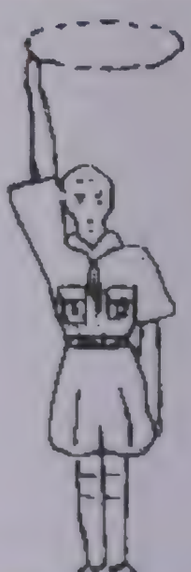


TROOP IN LINE ACCORDING TO HEIGHT



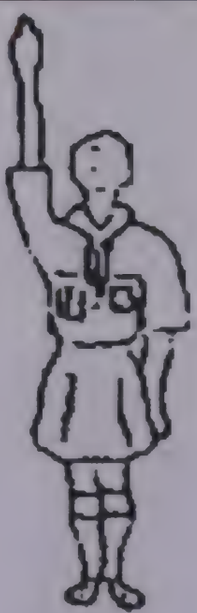
TROOP IN CIRCLE QUICK TIME

ABOUT TURN HALT



QUICK TIME

HALT

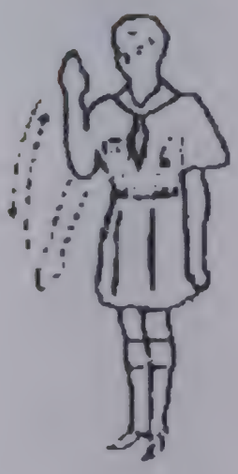


DISMISS

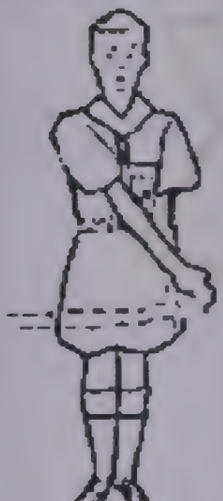
ADVANCE

DOUBLE MARCH

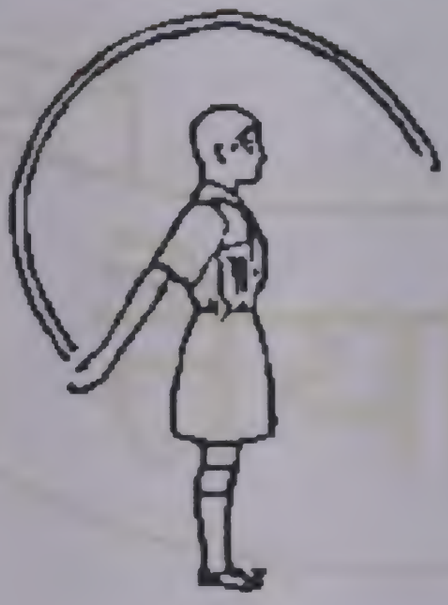
LIE DOWN



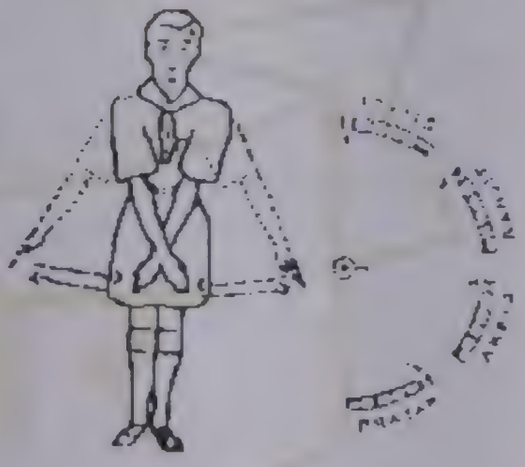
AS YOU WERE



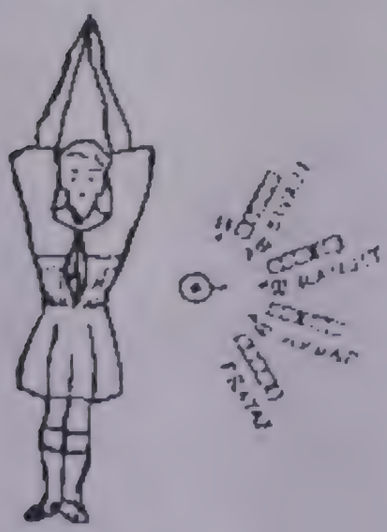
FOLLOW ME



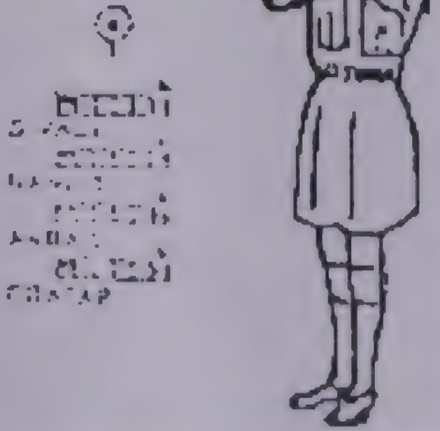
TROOP IN SEMI-CIRCLE



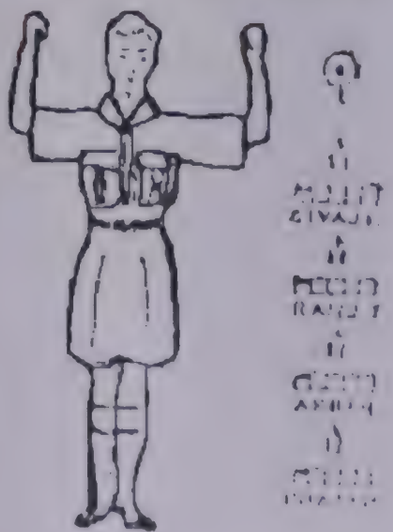
SPOKES FORMATION



CLOSE COLUMN



OPEN COLUMN



(2) WHISTLE SIGNALS

When a Scoutmaster wants to call the Troop together he whistles **"the Scout call"** or use a special Troop call.

Patrol Leaders thereupon call together their Patrols by giving their Patrol call.

Then they take their Patrols "on the double" to the Scoutmaster.

Here are some whistle signals for scouts.

_____	Dash	Silence/Alert
o o o o o o o o	8 Dots	Rally call, close in, come together
o o o ___	3 dots 1 dash	Patrol Leaders call
o __ o __ o __	dot dash dot dash	Danger, Alarm, Be ready Look Out.
___ ___ ___	Succession of dash	Disperse
o o ____	two dots and one dash	Duty leader call

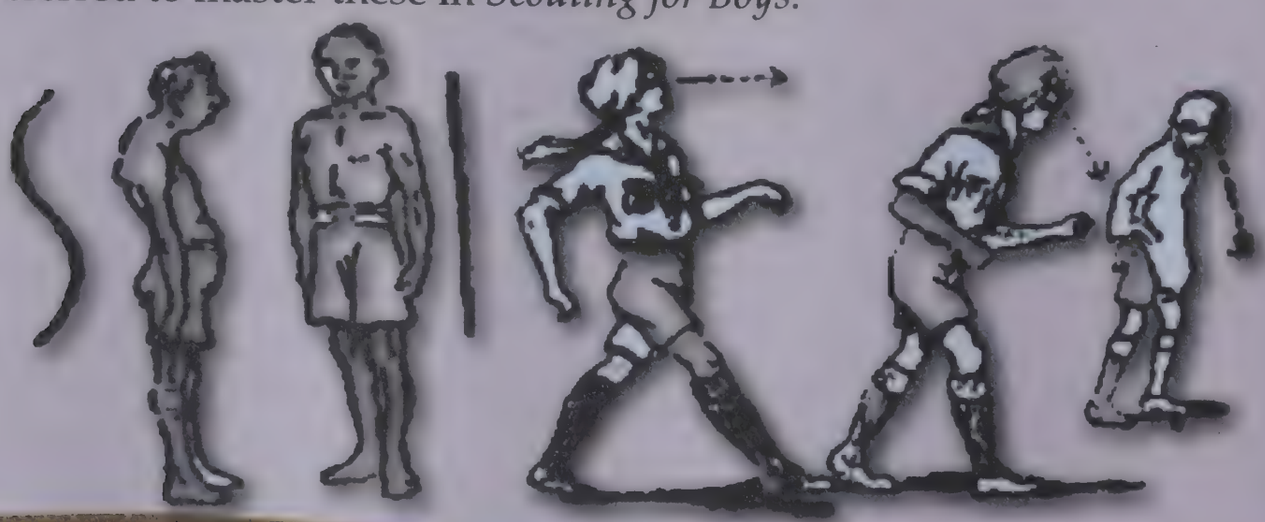
Any signal must be instantly obeyed at the double as fast as you can run – no matter what other job you may be doing at that time.

c) Foot Drill: Savdhan, Vishram, Aramse, Dahiney, Bayen & Pichey Mud.

SMARTNESS AND DRILL

Baden-Powell, our Founder was not against drill. He was really in favour of it. What he objected to was the indiscriminate and unimaginative use of it. He wanted that it should not be done in seasons and out. Drill is not to be overdone. Drill is not everything. There are a thousand and one things of importance which Scouts have to do, and to have drill and drill only to the exclusion of these other things is what B.P. objected to.

Scouts should know correct gait and posture. When they stand they should be able to stand upright and correctly, and when they walk, they should be abie to walk with proper gait. Baden-Powell has referred to master these in *Scouting for Boys*.



Drill :

Scouts should know how to move from one point to another quickly and in good order whether they are together as a Scout Troop or in Patrols. Frequent practice in drill will give them the necessary training and keep them smart.

"Scouts should know how to move quickly in Troop and Patrol group from one point to another", says **B.P.** "When done right, practice to quick and orderly Movements set them up, and make them to smart and quick." It strengthens the muscles which support the body, and by keeping the body upright, the lungs and heart, get plenty of room to work and the inside organs are kept in proper position for proper digestion of food.

Drill Commands:

- Fall in (Line ban)
- Right Dress (Dahine Saaj)
- Left Dress (Bayen Saaj)
- Eyes Front (Samne Dekh)
- Stand at Ease (Vishram)
- Stand Easy (Aaram Se)
- Attention (Savdhan)
- Right Turn (Dahine Mur)
- Left Turn (Bayen Mur)
- About Turn (Peeche Mur)
- Number (Ginti)
- Open Order March (Khuli line Chal)
- Close Order March (Nikat line Chal)
- Dismiss (Visarjan)

Fall in (Line ban): All the Patrols fall in, in a single line in front of the Scout Master. Formation of two and three lines is used occasionally.

Right Dress (Dahine Saaj): The boy of the front **line** on the right flank stands still. The Scout immediately behind him raises hand frontward and adjusts the arm distance. Similarly all others in that line will adjust the arm distance.

All other boys in the front rank turn head and eyes to the right, and raise their right arm with clenched fist. Scouts use the left arm when carrying a staff.

Left Dress (Bayen Saaj): Substitute the word left for each word 'right' in the above description).

Eyes Front (Samne Dekh): All other boys of the second or third line if any cover up from the front rank and dress by looking to the right without raising the hand, on the command "EYES FRONT (Samne Dekh)", head and eyes are brought sharply to the front and the arm is dropped smartly to the side.

Stand at Ease (Vishram): Move the left foot off to the left about twelve inches, body evenly balanced on both legs, hands behind the back, right palm resting on fingers of left palm stretched and thumbs crossed. No movement is allowed until the next command "STAND EASY" is given. You can relax, but do not move your feet and do not talk.

Stand Easy (Aaram Se): Continuous doing of drill is harmfull and one gets tired quickly, Therefore, the unit should be allowed to stand at vishram at regular intervals. It is not proper to make units stand on steady stand at ease for a long time except so ceremonial parade and practice. At that time the order stand easy (Aaram se) would be given after the order 'stand-at-ease'. In this position hands at the back can be relaxed and used for certain needs.

Attention (Saavdhan): Bring the left heel closer to the right heel, keep the toes open at 30degrees angle and stand erect. Head and eyes to be front, arms to sides with hands closed fist, and thumbs to the front just behind the seam of the trouser.

Right Turn (Dahine Mur): On the command pivot on right heel and left toe making 90 degrees angle to the right side and bring left foot to the right foot.

Left Turn (Bayen Mur): Substitute the word" Left" for the "Right" and action will be vice-versa of the above description.

About Turn (Peeche Mur): On the command pivot point right heel and left toe making 180 degrees angle (completely turning back) bringing the left foot in line with the right foot. To maintain the uniformity generally number is given as One-Two-Three one or One-Two-Three –Four.

Number (Ginti): All the scouts standing in a rank in front of the Scout master will give their numbers 1-2-3-4----from the right hand side of the rank.

Open (Khuli line Chal) & Close Order March (Nikat line Chal): All the patrols are standing one behind the other in front of the Scout master with a distance of two steps in between each patrol. When open order command is given the patrols will be marching apart by two steps (first line two steps forward and last line two steps backward). On the command close order column the first line will go two steps back and last line comes two steps forward. On both commands middle line stands still.

Dismiss (Visarjan): Turn to the right, salute, one step to the right and disperse.

d) Participate in a Troop & Patrol game :

Games, "For some it means the fun of playing the game of Boy Scouts, and to others, it means the fun of playing the game in guiding boys"

Play is nature's preparation for life. It helps to grow mentally, physically and spiritually through Scout games. There are many types of games, some help the Scouts to become smart and intelligent and provide an outlet for energy and high spirits. Other Games develop courage, sense of honesty, self control and fair play; while quiet games are important in the development of ingenuity and resourcefulness.

Wide games is one of the types of games, which include Woodcraft games, (i.e. tracking, stalking and nature observation) covering long periods of time and space. The Scouts should go right out into the open, involving emergencies. First aid, nature Craft, Compass, Mapping etc. This type of games is often played in Wooden area, providing for planning and organising.

GAMES: It is the best way of helping the group to acquire discipline and self discipline.

(1) GAMES-WIDE GAMES AND NIGHT GAMES

Games develop the
Physical and intellectual potentials
Spiritual potentials
Leadership

Cooperation and team spirit
Competition spirit
Character building
Understanding the nature

For varieties of games, you may refer Nature Game and Games Galore Books published by the Bharat Scouts and Guides.

Some important games:

(2) WIDE GAMES:

It is a game played in a vast area for a longer period of time with a number of members of a team or teams, providing adventure, romance, fun and joy.

PURPOSE: Develop courage, initiative, leadership, team spirit, physical fitness, character, knowledge, skills, etc.

TYPE: Treasure Type/Seizer Type/Conquest Type.

TREASURE TYPE: Two or more teams separately attempt to obtain a treasure and bring it to safety against the opposition of the other team/ teams.

SEIZER TYPE: Each of two teams attempts to bring a treasure from one spot or the other, at the same time trying to seize the treasure of the other which is moving in the opposition.

CONQUEST TYPE: Each of two teams attempts to conquer a specific spot of ground defend by the opponents from conquering its own piece of ground.

REMEMBER: - "KILL THE GAME BEFORE IT DIES"

3. ROPE WORK

a) Whipping the ends of a rope

Whipping is a means of protecting the ends of a rope from fraying. Binding strands so tightly with thread preferably twine, so that they cannot untwist or we can say "to prevent unlaying of the strands". Better run the thread through wax, soap or candle grease before use.

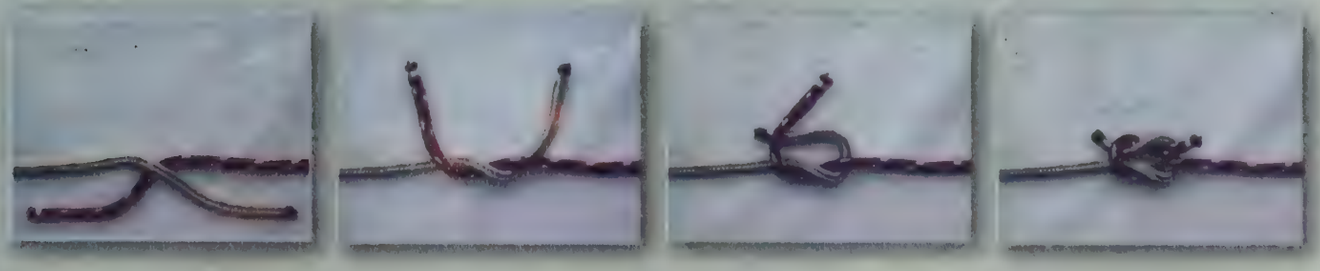
Length of whipping to be equal to the diameter of the rope. In simple whipping always take the bent loops in the twine at the strands. After finishing the end of the string may be trimmed off neatly.

b) Knots

Tie & demonstrate the use of the following knots:

(1) REEF KNOT:

Most common and useful knot for joining the ends of the same rope i.e. to secure a parcel, or a folded tent, to tie rolls, bales, bundles etc., to tie the ends of triangular bandage in first-aid.



(2) SHEET BEND:

The most suited to join the ropes of equal or unequal thickness – very good for dry ropes. This is to make a rope fast to a loop. Also to tie a rope to a sheet.

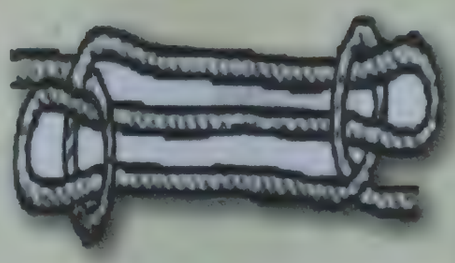
Let the two ends come out on the same side of the knot for a better grip. Take care to tie a thinner rope on to the thicker and not vice-versa.

(3) CLOVE HITCH:

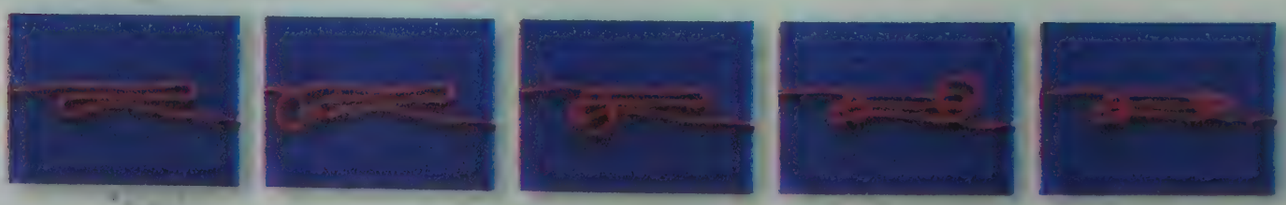
For securing a rope to a spar when the other end of the rope is free - to start with and end with clove hitch in lashing.

This can be made at the ends of or standing part of a rope. But the ends should also be fastened (twisted, seized or tied with half hitch) for safety.

(4) SHEEP SHANK:



To shorten a rope temporarily without cutting it or to avoid strain on a weak part when it is a continuous strain on the rope – use as a device for taking up the slack in a rope when both ends are secured.



Seizing at the ends is safe because on slackening the knot gives way. Or pass the end through the loop, if possible, or use stick at the loop to hold the knot.

(5) ROUND TURN AND TWO HALF HITCHES:

For securing one end of a rope to a post, tree etc. when there is tension at the other end. Making a dinghy fast to a ring or post or for securing a rope which is bearing a strain to a hold fast.

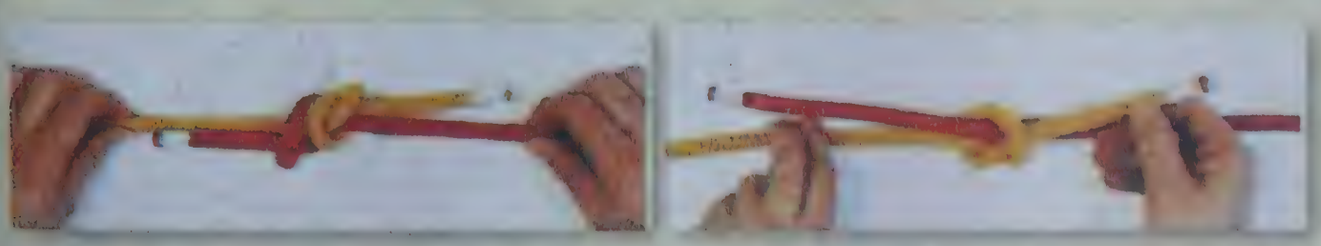
Very useful when the strain is on one side. But two half hitches should be similar exactly (in fact they form a clove hitch) and close to the object to which it is tied.

(6) BOWLINE:

A loop that never slips –always made at the end of a rope – used at the end of the life line and for slinging a man, say, for white- washing walls of a very tall building– for climbing and – life saving (lowering people from a burning building or dragging a person out of it – for fastening animals etc.).

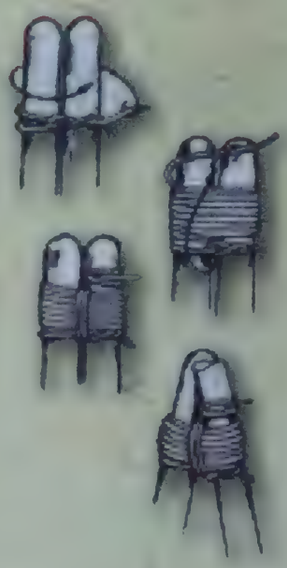
(7) FISHERMAN's KNOT:

Another reliable joining knot – most preferred, when the joining material is gut nylon, silk or some other than the usual string or twine – recommended for joining wet ropes and thin or slippery lines. Better if the ropes are of the same thickness.



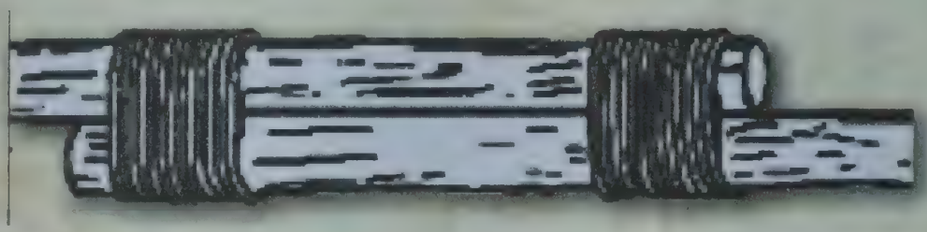
c) Tie and demonstrate Sheer Lashing Mark I and Mark II.

(1) SHEER LASHING – MARK-1

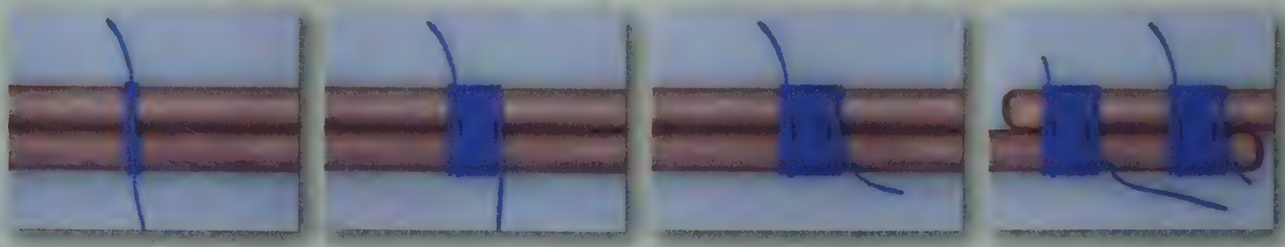


Start with clove hitch round one of the poles and twist the free end round the rope. Make about 10 turns round both poles; do not make these too tight otherwise you will have difficulty with the frapping turns. Make 2 frapping turns between the poles. Finish off with a clove hitch round the other pole. **Uses:** to form 'legs' with 2 poles-to form a cloth line.

(2) SHEER LASHING – Mark –2



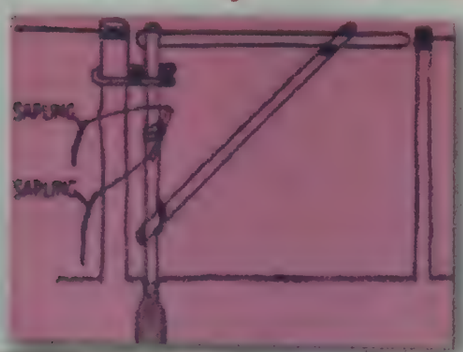
Start with clove hitch on both of the poles and twist the free end round the rope. Make about 10 turns round on both the poles; Finish off with a clove hitch on the poles. Same way on other side of the poles joining.
Uses: To join 2 poles together to make a longer pole



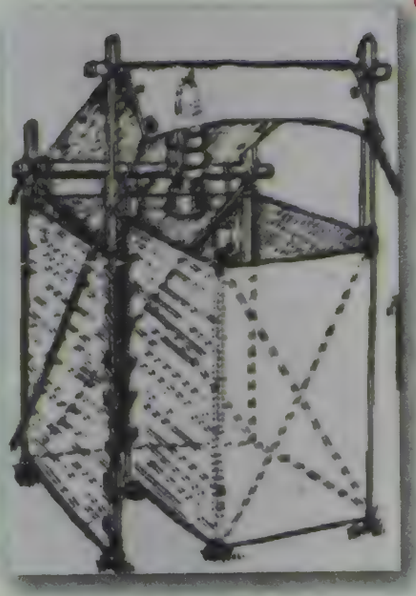
d) Make a gadget or handicraft useful at home.

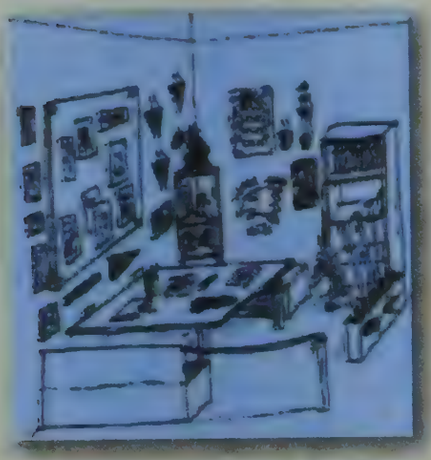
Gadgets: Gadget is an improvised furniture best suited to outdoor living. You have already learnt knots and lashings. Make use of them and prepare any two gadgets for home use.

You can try these or make different ones.

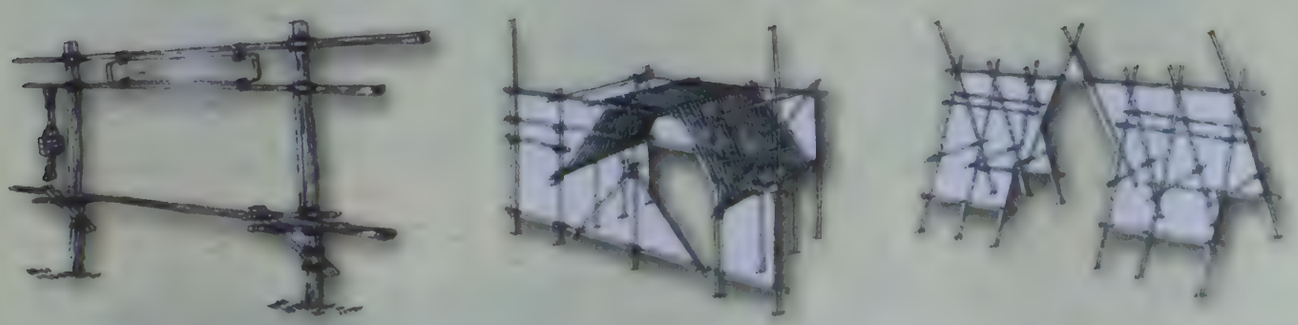


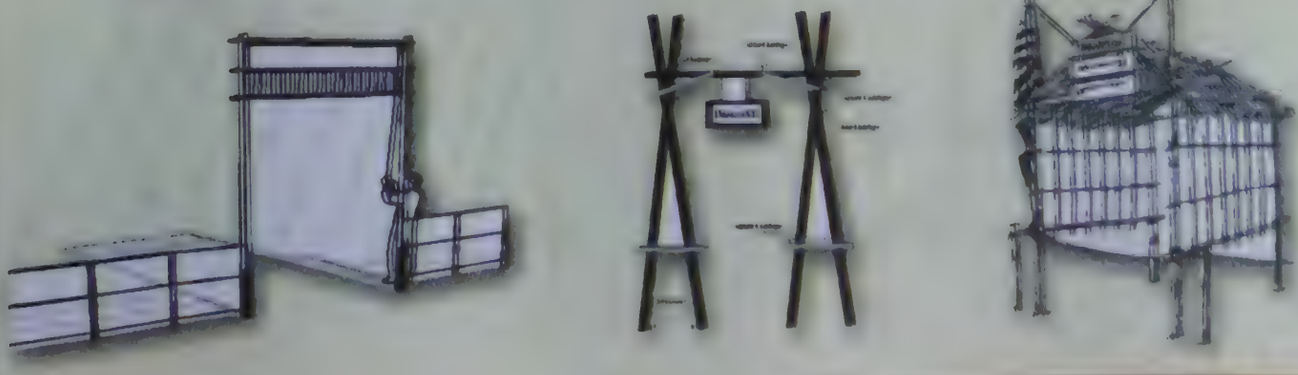
COOKS WASHSTAND
PLATE RACK
MUG TREE



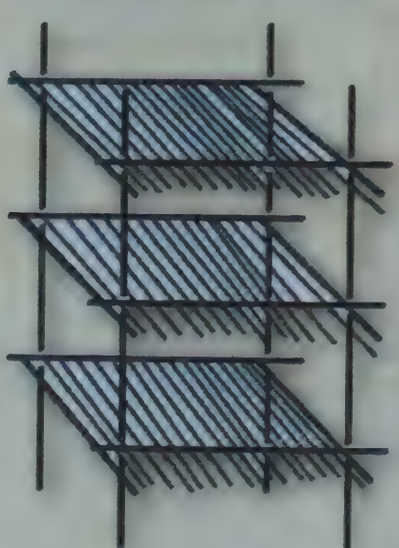


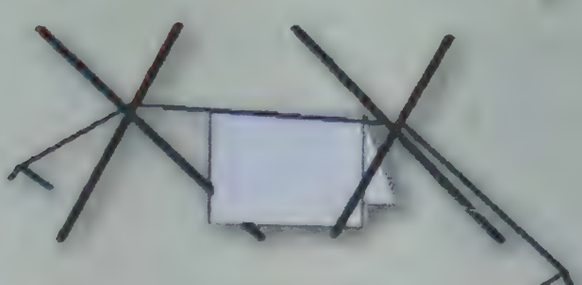
SPOON & FORK
REST





GADGETS WITHOUT WORDS.





(e) Handicrafts:

Handicraft is a creative art which satisfies self, and people feel happy to look at it. It employs leisure time usefully. Handicraft provides employment, livelihood and also business. India is famous for its handicrafts.

Collect the names of famous handicrafts in India.

Handicrafts should be introduced in Scout Troop meetings.

You can prepare variety of handicrafts using a wide variety of materials and arrange an exhibition in your Scout Troop.

Handicrafts are of different varieties: Terracotta (pottery), woodcraft, metal craft, paper craft, jute craft, coir craft, plastic craft, nature craft with twigs, leaves and flowers, paintings, embossing, embroidery, flower making and arranging.

"Busy Boys brain is a God's workshop"

Activity:

- Make handicraft for your home and exhibit in your patrol.
- You can make the things below:
  - Paper Craft: Buntings, flowers, greetings, covers, models, posters etc.
  - Jute Craft: Foot rug, bag, laudall etc.
  - Plastic Craft: Basket, mat, dolls, flowers, garland etc.

4. SERVICE

a) Undertake a Troop Service Project in your School or Scout Head-quarters under the guidance of your Scout Master:

- Select a Service in consultation with Scout Master
- Get approved by Court-of-Honour
- Obtain essential Permissions from Parents, Head of the Institutions.
- Title of the Service Project
- Date of Commencement
- Date of Conclusion
- Details of Service in brief with experience along with action photographs, pictures, news cutting etc
- Obtain Signature of the Project sanctioning authority
- Countersigned by SM

"Become a good First Aider to benefit you and others"

b) Deal with simple Cuts, Burns & Bleeding from the nose.

(1) SIMPLE CUTS:

Wash your hands thoroughly. Avoid touching any part of the wound with the fingers or any part of the dressing which will be in contact with wound. Do not talk or cough over the wound or the dressing. Dressing must be covered with adequate pads of cotton wool, extending well beyond them and retained in position by a bandage or strapping.

(2) BURNS:

1. Clean the area gently with clean water.
2. Submerge the burnt area in cold water.
3. Apply a solution of salt and water (one teaspoonful to a pint of water) at the outer places around the wound.
4. Cover with dry dressing
5. Do not apply cotton wool direct to the burn.
6. Do not apply any greasy substance.
7. Give warm drinks, for example sweetened tea or coffee.

(3) HOW TO DEAL BLEEDING FROM NOSE:

Nosebleeds can happen after nasal injuries, overzealous picking or blowing, or when the air in your environment is extremely dry. Some people tend to get nosebleeds more frequently than

Pratham Sopan

others; they're pretty common, and rarely life-threatening. However, they can be a little embarrassing. Follow along after the jump to learn how to stay calm and stop the bleeding

• **Hold a tissue paper to the nose of the casualty.** The first thing to do is make sure to pinch the bridge of his/her nose. Grab the closest tissue paper or towel and hold it up to his/her nose to stop the blood from getting everywhere. Pinch his/her nose to prevent a long lasting nose bleed.

- Don't allow patient to blow the nose, since this can make the bleeding worse.
- If the bleeding is heavy, he/she may need to use an absorbent cloth towel

Get into a comfortable position, don't lay down.

- Sit down in a chair and lean slightly forward.
- Your inclination may be to lean back, to work against gravity and stop the blood from flowing so quickly, but if you lean back you risk swallowing blood, which can lead to an irritation of stomach and even vomiting.
- Resist the temptation to lie down, for the same reason that you shouldn't lean back. Lying down could cause you to swallow blood.
- If you want to remain standing, you can, but it's better to relax your body by sitting down for a few minutes while you get control of your nosebleed.

Pinch your nostrils. The blood that flows during nosebleeds most commonly comes from the fleshy front of your nose. Pinching that section of your nose is the best way to stop the flow.

- Lean forward and use your fingers to pinch your nostrils shut for 10 minutes. Doing this should help the blood clot and stop running, the same way it does when you hold a bandage to a wound on your skin.
- Medicated nasal sprays can also help stop the flow. If you have a nasal spray such as Afrin on hand, spray your nose with it before you begin pinching.

Check the bleed. After 10 minutes have passed, release your nose and determine whether it's still bleeding.

- If blood is still flowing, resume pinching your nose for another 10 minutes.
- **Apply a cold com press over the bridge of your nose**. If pinching doesn't seem to be stopping the bleeding, a cold compress will cause blood vessels to constrict, slowing the bleeding. Try one of these methods:

• Wet a washcloth with cold water. It's not as cold as it could be, but it's more comfortable than ice on your skin and it should still help.

• Make a quick ice pack. Put ice inside a re-sealable plastic bag, and hold it on top of your nose. Crushed ice is ideal, but cubed works, too.

- Keep frozen sponges handy. If you tend to get nosebleeds often, this trick can save you a lot of time. Get a new kitchen sponge, add a bit of water to it, and put it into a re- sealable plastic bag.
- Put the bag in the freezer, and pull out a sponge whenever you have a nosebleed – it'll be easier than hassling with ice cubes while you're bleeding.
- **Know when to call a doctor**. Most nosebleeds aren't serious, and don't require emergency medical care. In some rare cases nosebleeds are caused by something other than a slight tear in the skin. See a doctor if you experience the following:
- You're still bleeding after 20 minutes.
- The bleeding started after a head injury.
- Your nose was hit, and you suspect it's broken.

c) Undertake household responsibilities like cooking, water storage, hospitality, cleanliness etc. with the help of parents for a week.

Scouting is not always an outdoor activity. You must also learn the skill to maintain the household. Home is your living place. Cleanliness, arranging things, purchasing and storing provisions, cooking, water storage, mending the damaged things, waste disposal are some of the household skills and responsibilities.

Clean-Sweep, swab, dust the house. Clean bathroom, toilets and surroundings, Radio, Tape Recorders, TV, Fridge, Water drum, Water filter, Water tank, Kitchen before and after cooking.

Wash- Clothes and Vessels.

Arrange- rooms, clothes, books, furniture, vessels, flower vase.

Cook & Serve – Simple dishes and salads.

Purchase & Store – Provisions, vegetables, fruits, flowers.

Repair- Stitch the clothes, stitch and bind the torn books, tighten the screws of table, cooker handles etc, fix a wire to a plug, oil the sewing machine, put the fuse.

Control the wastage of food, water and energy (heat used for cooking and heating water). Conserve water and energy.

"A stitch in time saves nine"

"Maintaining things clean and safe, make them last long"

"Well-done household work saves money, energy and time".

Note to Parent: Make your child do all the household work at home for a week. Judge and certify his work. You can grade your Son's work- Average-C, Well done-B, Excellent-A.

CERTIFICATE OF APPRECIATION

This is to certify that my Son

_____

has served at home for a week and helped me/us.
He will continue to do so in future.
Sir, thank you for taking care of my
Son in every respect of his development.

Date: (Parents/Guardian)

d) Participate in the following activities:

i) Discuss with your Scout Master and render some service involving any one of the points of Scout Law and submit a report to your Scout Master.

You have realized the importance of the Scout Law and its practical value.

You are practising very conscientiously as a Scout. Select any one of the Scout law, discuss with your Scout master and render suitable service. **Prepare and submit a Report on:**

1st & 2nd points of the Scout Law – Trustworthy and Loyal.

- Find out the meaning
- Why it is so important
- Observe your family members and friends. Find out how many are following it.
- Observe yourself after becoming a Scout.
- Discuss about these values with elders and friends.
- Quote some incidents you know about trustworthy and loyalty in your Scout Troop.
- Collect one or two stories and write briefly.
- Enact a skit on these points.
- Serve your family, school and community service must be loyal, you should gain the trust of the people.

Loyalty in performing the work entrusted. Make an assignment and list out the work/assignments and how far you have successfully completed the work with your own

effort and the assistance of others. Do the service, record and report your experiences.

3rd point of the Scout Law – friend to all and a brother to every other Scout.

- Discuss the value of friendship
- Serve a friend in need. Report your service with your experience.
- Co-operation in patrol and Scout Troop during the activities.
- Helping each other in the competition.

4th point of the Scout Law – Where and how you does the incidents of 4th law of Scout incidents in your daily life.

5th point of the Scout Law – Friend to animals and Loves nature.

- **Refer nature Study.**

6th point of the Scout Law – Protects public property.

- Serve the Park / Bus stands to maintain cleanliness.
- Make posters regarding the protection of public property and display in the public place.

(ii) Undertake a nature study project in consultation with your Patrol leader and submit the report within ten days.

OR

Visit a Village Panchayat Samiti / Block Development / Municipality/ Municipal Corporation office and learn about the services rendered by one such public organization and submit a report to your Scout Master within ten days.

Nature is a gift of God to the living being.

Life is existing on earth because of nature. Nature has living being like plants, animals and microbes, non-living things which support life like soil, minerals, water, air, sun, moon and stars. Nature is a beautiful art of creator. Look around you and appreciate the nature. Know the inter-dependency of the components of nature. You will wonder about the life web. You will be surprised to know the importance of soil without which life cannot exist. Water! Water is a great liquid of life. Air! Life exists because of breathing the air in and out. Sun! Sun is the only source of energy. We want plants for our existence. Animals are also essential. Microbes! The unseen living beings live with us helping and harming us. Diversity in these components adds to the beauty of nature.

You have to study nature which helps existence. You are following the law "A Scout/Guide is a Friend to animals and loves nature". You have to conserve these precious resources. What is Conservation? Conservation is a desirable human value which means use the place and the used up volumes of resources. In order to develop this value of natural resources judiciously, save the resources for future, grow the resources and be ready to do the duty to your community and country you have to study nature. Take up the nature study project in consultation with your Patrol Leader and Scoutmaster. This study involves the skill like observation, exploration, collection, preservation, recording, reporting and so on.

For project, refer nature study above.

Village Panchayat Samiti is a local government body at the tehsil (taluka) level in India. It works for the villages of the tehsil that together are called a **Development Block.** The Panchayat Samiti is the link between the Gram Panchayat (village council) and the zila parishad (district board).There are a number of variations in the name of this institution in the various states. For example, it is known as *Mandal Praja Parishad* in Andhra Pradesh, *Taluka Panchayat* in Gujarat, and *Mandal Panchayat* in Karnataka, Gram Panchayat in West Bengal.

Typically, a panchayat samiti is composed of elected members of the area, and the Block Development Officer, otherwise unrepresented members (representatives of Scheduled Castes and Scheduled Tribes and women), associate members (such as a farmer of the area, a representative of the cooperative societies, and one from the agricultural marketing services sector), and the elected members of that panchayat block (tehsil) on the zila parishad (district board).

The samiti is elected for five years and is headed by a chairman and deputy chairman elected by the members of the panchayat samiti. There is also one Sarpanch Samiti for the supervision of the other grampanchayats.

Panchayat Samiti collects all the prospective plans prepared at Gram Panchayat level and processes them for funding and implementation by evaluating them from the angles of financial constraints, social welfare and area development.It also identifies and prioritize the issues which needs to be addressed at block level.

BLOCK DEVELOPMENT OFFICE

FUNCTIONS

Community Development Programme / Education Scheme

* Purchase and installation of coloured T.V. sets at various places in the Block.
* Sports articles are purchased and distributed to various Mahila / Yuvak Mandals.
* Assistance given for the construction of houses to poor homeless rural people.
* Conduct of National Festivals, Celebration of Rural Development Week and supply of Library books to Mahila /Yuvak Mandals.
* Motivation of Mahila /Yuvak mandals through incentive awards and issue of grant-in-aid.
* Maintenance of gardens, purchase and distribution of fruit plants to Mahila /Yuvak Mandals and conduct of Well Baby Show.
* India Awas Yojana - Provision of 100% subsidy to construct low cost houses to the economically weaker sections of the rural people.
* Central Rural Sanitation Programme / Minimum Needs Programme. Provision of 80% of subsidy for construction of sanitary latrines.
* Jawahar Rozgar Yojana - Generation of gainful employment to unemployed / under employed persons.

MUNICIPALITY/MUNICIPAL CORPORATION OFFICE

FUNCTIONS

1. Supply of water for public and private purposes;
2. Construction, maintenance and cleansing of sewers and drains, sewerage and drainage works;
3. Construction, maintenance and cleansing of public latrines, urinals and similar conveniences;
4. Construction, maintenance, alteration and improvement of public streets and street furniture, bridges and culverts, flyovers, subways, cause-ways and the like;
5. Naming of streets and numbering of premises;
6. Lighting of public streets and other public places;

7. Planting and care of trees on road-side and elsewhere;
8. Construction and maintenance of municipal markets and slaughter houses and the regulation of all markets and slaughter houses;
9. Maintenance of all monuments vested in the Municipality;
10. Providing by itself or by an agency, means of supply of water for fire-fighting purposes, Collection, Removal and disposal of solid wastes including filth, rubbish and other obnoxious or polluted matters;
11. Disposal of solid and liquid wastes consistent with efforts to cause recovery and re-use of all that can be salvaged;
12. Reclamation of unhealthy localities, removal of noxious vegetation and abatement of all nuisances;
13. Regulating and abating offensive and dangerous trades or practices;
14. Cleansing of public streets and other public places;
15. Ensuring the wholesomeness of water supplied for drinking and domestic purposes;
16. Maintenance of all public tanks and regulating the re-excavation, repair and up-keep of all private tanks, wells and other sources of water supply on such terms and conditions as the Municipality may deem proper;
17. Provide for places for the disposal of the dead and the regulation and maintenance of such places;
18. Measures for preventing and checking the spread of dangerous diseases;
19. Immunisation including public vaccination and inoculation;
20. Removal and disposal of the unclaimed dead bodies and carcasses of all dead animals;
21. Abatement of nuisances from birds and animals including dog menace;
22. Conversion of all service privies into sanitary latrines and providing adequate facilities for sanitation so that open defecation may be completely done away with;
23. Devising town planning within the limits of the municipal area in accordance with the laws relating to town planning for the time being in force;
24. Planned development of the borders of the municipal area in accordance with the laws applicable for the purpose;
25. Improvement of bustles;
26. Control of regular lines of streets;

27. Control of all building operations and regulation of building uses;
28. Co-operation of all over ground rights enjoyed by service agencies;
29. Co-ordination of activities of agencies relating to laying and maintenance of underground pipelines tubes, cables and the like;
30. Laying out and maintenance of public parks, squares, gardens or recreation areas;
31. Re-development of congested areas for providing better living conditions;
32. Planned development of new areas for human settlement;
33. Preservation of monuments and places of historical, artistic and other importance;
34. Measures for beautification of the township by setting up fountains and status, providing recreational areas, improving river banks, landscaping and the like;
35. Survey of buildings and lands and preparation and maintenance from time to time of survey maps and plants of the town and other records relating to survey;
36. Removal of Unauthorised encroachment on, or obstruction public places;
37. Securing or removal of dangerous buildings and places;
38. Registration of births and deaths;
39. Providing boundary marks for the municipal area;
40. Drawing up an Annual Administration Report on the activities and performances of the Municipality and submission, in the manner prescribed, of such report to the State Government;
41. Compilation and maintenance of records and statistics relating to the administrative functions of the Municipality;
42. Maintenance and development of all properties vested in or entrusted with the management of the Municipality;
43. Checking the construction of Unauthorised buildings and pulling down unlawful constructions;
44. Ensuring the stoppage of wastage of water supply and other civic facilities;
45. Protecting public properties in general and civic properties in particular;
46. Abatement of pollutions of all kinds etc.

The details given above are guidelines for you. Visit a Panchayat Samiti/BDO/Municipal Corporation office near your house and learn from them and submit a report to your Scout Master within 10 days mentioning at least 10 services by them.

5. COMMUNICATION:

Be able to use the PCO & Mobile Phone & be acquainted with some of the facilities available on it.

A public call office (PCO) is a telephone facility located in a public place in India.

In India, manned and automated (coin operated payphone) versions of the service are in existence. BSNL, a public sector corporation, has the largest installation of PCOs in India.

Private sector operators such as Reliance Infocomm, Tata Indicom, Vodafone, Idea and Airtel predominantly are prepaid PCO providers and have a moderate number of PCOs in the public landscape.

There are two types of PCOs landline and wireless. There are **Landlline PCOs** and **Wireless PCOs**. They use 2 kinds of technology- CDMA and GSM. Reliance and Tata Indicom are CDMA based prepaid PCO connection providers and Airtel, Idea and Vodafone are GSM based prepaid PCO connection providers. Initially Department of Telecom of Central government and later BSNL and MTNL and Airtel provide fixed landline postpaid PCO connections. BSNL and MTNL also provide prepaid PCOs.

A **mobile phone** (also known as a **cellular phone, cell phone, hand phone**, or simply a **phone**) is a phone that can make and receive telephone calls over a radio link while moving around a wide geographic area. It does so by connecting to a cellular network provided by a mobile phone operator, allowing access to the public telephone network.

In addition to telephone, modern mobile phones like smart phone, i phone, Black Berry etc. also support a wide variety of other services such as text messaging, MMS, email, Internet access, short-range wireless communications (infrared, Bluetooth), business applications, games and photography. Mobile phones that offer these and more general computing capabilities are referred to as smart phones.

Today Mobile Phones are also used in the remote part of the Country. It becomes essential to have mobiles in all hand either child, young people or old aged. This system is very helpful for faster communication in emergency.

But remember, as a scout we should be very cautious while using the mobile phone and create awareness among the general public in the Community.

1. The Mobile should not be mis-used.
2. Mobile phone is not only to play games or chat or log on to social networking sites or to listen to the music regularly.
3. Never put on ear-phone for a long time which may damage your hearing capacity.
4. Never Cross the road or Railway track using earphone which may end your life at a jerk.
5. Never use Mobile phones while riding Cycle, Motor-Bike, car etc.
6. Never use Mobile phone while in Class room, Religious places, etc.
7. Try as much as possible to keep your Mobile phone in Silent or Vibrate Mode.
8. Keep ring tone in low volume which helps avoiding disturbances to other.

6. OUT OF DOORS:

a. Know the simple wood crafts signs & follow a trail with his patrol of not less than half a kilometre.

Out-door activities would certainly attract you. Out-door activities include of adventure, exploration and so on. The primitive man depended on wild animals for his daily food. He used to go in search of animals. He was able to read many signs like foot prints, blood drops, hair, stamped grass, dungs of animals and so on. If he found dung of elephants, he used to guess that the elephant is moving nearby. The blood stains and scattered flesh were a caution to him about tiger, chettah, lion, wolf and so on in the woods. Following such trails is an old game.Rama in Ramayana followed scattered jewels thrown by Sita and reached Jatayu. There are many folk stories in which trails are used. You can make use of these trails during tracking in the forest. Trails can be laid by using small paper bits preferably red, chalk powder, colour powders, small pebbles etc continuously at intervals.

Wood craft signs are a secret language of Scouts. They are laid in pictured structures. Signs are laid by the leading group and the rest follow it. Rocks, tall grass, tree trunks, twigs, small stones, pebbles, colour powder, chalk piece etc. may be used to lay the signs. It is always laid on the right side of the path. Followers make note of it and prepare a route map. The last person of the group rubs it off and collects messages.

Learn Signs from your S.M.

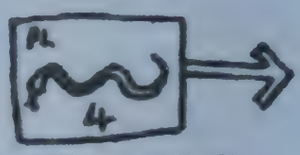
1. Go this way.
2. Don't go this way.
3. Message hidden in this direction at paces. (If number is not given understand it to be three; if direction is given look around the sign.)

Normally these signs are at the right hand side of the road, they are made with natural material still it should be easily seen. Make signs at nearer distances to avoid confusion & maintain spirit of the followers. The group following last should wipe off-undo the signs. Be a good observer while following a trail.

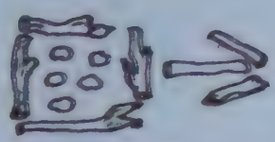
Trails and signs are used in hiking, exploring, treasure hunt, wide games and so on.

WOODCRAFT SIGNS

These Signs can all be used to make it clear to others, the road or track along which you are travelling.

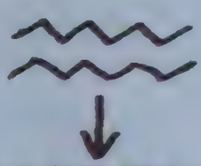


Message Left by PL of Snake Patrol 4 Paces Away

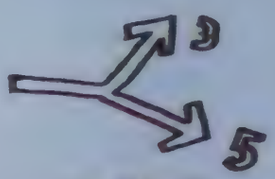


Message Hidden 5 Paces in this Direction

This Way Over Obstacles



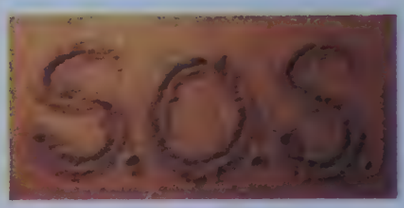
Drinking Water
Water in direction of Arrow



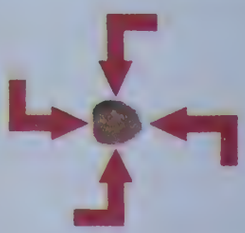
Trail Splits
3 Members turn Left
5 Members turn Right

Peace
(Friendly People)

WAR
(Unfriendly People)



CAMP This Way



Gather

S O S

SOS - "Save Our Souls"
(an urgent appeal for help.)

After knowing this you may be excited. Under the guidance of your SM, you can plan games and adventure. A Patrol can lay the track and others can follow and enjoy.

Activity:

DO THIS:

1. Lay the wood craft signs. Follow the trail. Write your experience in your diary/log book.
2. Play the matching game on wood craft signs and its meaning. Prepare the small flash cards for the game.

b) Know & practice Road Safety Rules for pedestrians.

In a society where drivers are increasingly distracted, a pedestrian is in danger. However, there are steps you can take towards a safer and more enjoyable walking experience. Walking is a great way to save money, be healthier and help the environment. Abiding by these simple rules will help ensure safe and happy travels on the road.

(1) Stay On the Sidewalk

Use sidewalks whenever possible. When using a sidewalk, stay as far from the road as you can. If a sidewalk is unavailable, walk against traffic and stay as far to the left of the shoulder as possible. When walking along the street with more than one person, walk in single file, even if you do not see or hear any cars in the area. Avoid streets that are excessively busy or have high speed limits. Always be predictable in your behavior and never assume the actions of a driver.

(2) Careful When Crossing

Always cross the road at a crosswalk or traffic light. Stand back several feet from the sidewalk until you are sure it is safe to cross. Never assume that a driver will abide by traffic law and stop at a red light or stop sign. Look both ways before crossing and make momentary eye contact with the drivers in the intersection. When crossing in front of a truck or bus, walk at least 10 feet in front of the vehicle to ensure that the driver can see you. Walk briskly but cautiously. Use highway medians only when absolutely necessary.

(3) Be Visible

Wear bright colors whenever possible, especially when walking at night. Avoid walking in areas that are poorly lit or contain winding roads. Never assume that a driver can see you, but always make an effort to be seen. If all else fails, it never hurts to be friendly to drivers, wave and say "hello" and "thank you."

Bend

Danger

Two Way Traffic

Road Narrows (various)

Roundabout

T-Junction

Give Way

Bump

Road Widens

Slow Down

Electric Cable Overhead

Danger

Slippery Road

Stop Give Way

Traffic Signal

Quayside

Pedestrian Crossing

Runway Aircraft

Uneven Road

Cross Road

Opening Bridge

STOP

School Crossing

Stones

No Overtaking

End of Overtaking

Possible Left Turn

Side Road

No Parking on even days

No Parking on odd days

No Crossing

No Pedestrians Cycling

No Entry

School

Priority to Approaching Traffic

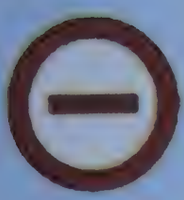
Axle Weight Limit

End of Dual Carriage Way

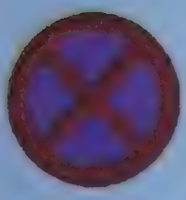
Construction

Traffic from Right

Traffic from Left


Stop
Police

Stop
Customs


No Parking
Stopping

No Traffic
Both Ways

Stop

No U-Turn

No Trucks

No Traffic

No Horn

No Overtaking

Length Limit

No Buses

Speed Limit

Dead Line
of Maximum
Speed

Railway

Animals

No Parking

Roundabout

Handicap
Parking

Go Straight

Go Left or Right

Road goes
Right

Go Straight
or Left

Distance to Exit
(meters)

End of
Highway

Highway
Begins

Rest

Parking

Petrol
Station

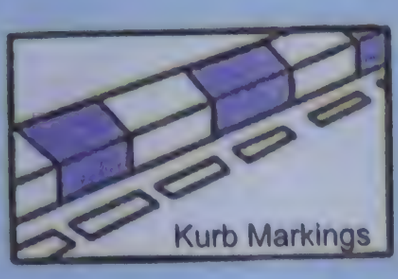
U Turn

Dead End

Your Priority

Hospital

Ambulance



c. Participate in a Nature Study Trail:

Nature is a gift of God to the living being.

Life is existing on earth because of nature. Nature is living being like plants, animals and microbes, non-living things which support life like soil, minerals, water, air, sun, moon and stars. Nature is a beautiful art of creator. Look around you and appreciate the nature. Know the inter-dependency of the components of nature. You will wonder about the life web. You will be surprised to know the importance of soil without which life cannot exist. **Water!** Water is a great liquid of life. **Air!** Life exists because of breathing the air in and out. **Sun!** Sun is the only source of energy. We want **plants** for our existence. **Animals** are also essential. **Microbes!** The unseen living beings live with us helping and harming us. Diversity in these components adds to the beauty of nature.

You have to study nature which helps existence. You are following the law "A Scout/Guide is a Friend to animals and loves nature". You have to conserve these precious resources. What is Conservation? Conservation is a desirable human value which means use the place the used up volumes of resources. In order to develop this value and natural resources judiciously, save the resources for future, grow the resources and be ready to do the duty to your community and country, you have to study nature. Take up the nature study project consulting with your Patrol Leader and Scoutmaster. This study involves the skill like observation, exploration, collection, preservation, recording, reporting and so on.

You can take up any one study of the following or any other of your own choice.

PROJECT 1: Know about birds:

- Observe the birds around you in the morning and in the evening.
- Make a name list of the birds.
- Observe their beaks and feet and their food habits.
- Make a nest; give them food so that they stay with you for some time.
- Record your observation in the following table.

Name	Colour	Draw beak & Feet	Food

- Draw the birds you have observed and colour them.
- Mimic the voice of the bird.
- Develop the hobby of bird watching.
- Make a list of 5 to 10 trees depending upon availability around you.
- Draw the leaf, flower, fruit and seed of a tree.
- Try to draw the whole tree.
- Observe the trees and record your observations.

PROJECT 2: Know about Trees:

Observation of a tree:

1. Name of the tree
2. Height of the tree (approximate)
3. Whether it is having flowers/fruits
4. Shape of the leaf
5. Texture of the leaf
6. Name of the animals/birds that – live on tree, below the tree, visit the tree (If you don't know the name of the animal/ birds count the variety and record)
7. Uses of the tree.

Project like medicinal plant study, Vegetable plant study, useful animal study, Study of animal which live with us, soil study, study of water, sun as a source of energy and so on could be taken up.

Dear Scout

You had started working for PRATHAM SOPAN. Now you have completed all formalities within a period of over six months and also ready with your Log Book of PRATHAM SOPAN. Your Patrol Leader and the Scout Master have guided you well. Please inform your Patrol Leader in the Patrol-in-Council that you have completed the PRATHAM SOPAN TESTS and ready for Award of PRATHAM SOPAN BADGE. The Patrol Leader will get the approval of Court-of-Honour and inform the Scout Master to arrange for the presentation of the PRATHAM SOPAN BADGE on a suitable occasion.

Congratulations!

Go ahead towards DWITIYA SOPAN!

JOIN US

Enjoy the Adventures of Scouting

The Bharat Scouts and Guides
National Youth Complex
Gadpuri, Palwal, Haryana
Contact us: nyc@bsgindia.org

The Bharat Scouts and Guides
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Contact us: nai@bsgindia.org

The Bharat Scouts and Guides
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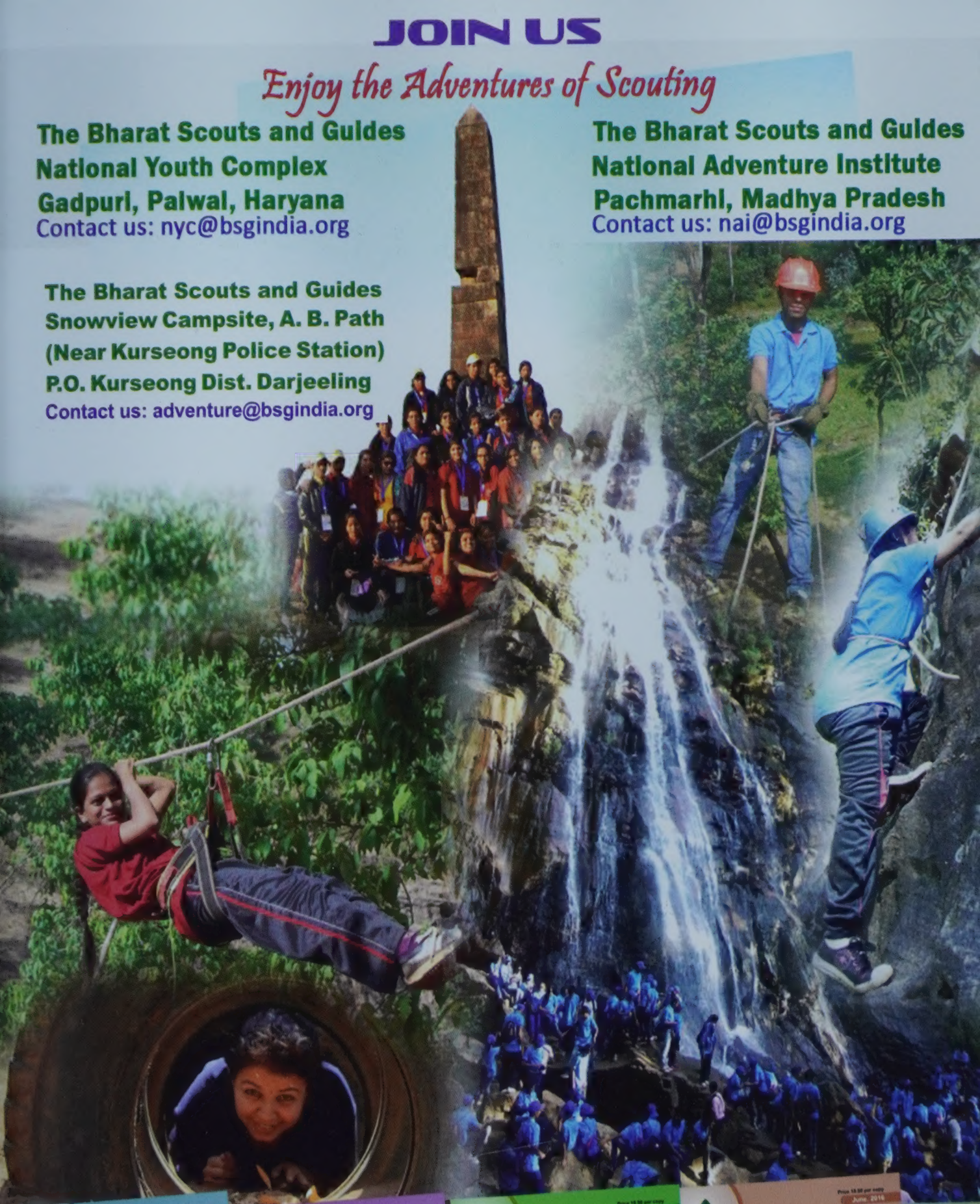
(Near Kurseong Police Station)
P.O. Kurseong Dist. Darjeeling
Contact us: adventure@bsgindia.org



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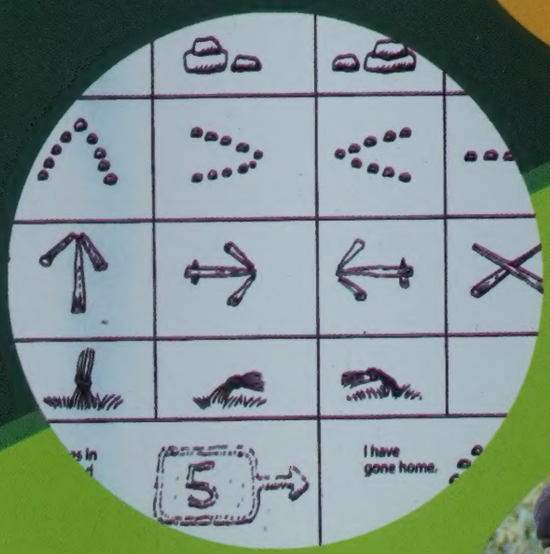
KNOTS

WOOD CRAFT SIGNS



GAMES

FIRST AID

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